



### Name a place that you are grateful for



#### Make an effort to clean or take care of that place





#### Name something in your home that you are grateful for



Help with chores around the your home without being asked





### Name a food that you are grateful for



#### Make something to eat for someone you appreciate





#### Name an animal that you are grateful for



Do something kind for your pet OR research ways to help endangered animals





#### Name a family member that you are grateful for



### Make a gift for this person





### Name a friend that you are grateful for



#### Write this friend a letter telling them why you are thankful for them

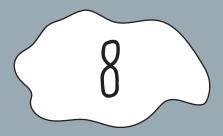




#### Name a toy that you are grateful for



#### Donate some of your old toys to charity

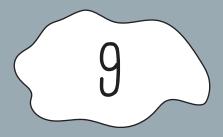




#### Name a sound that you are grateful for (ex: music, birds chirping, etc.)



#### Hold the door for a stranger





### Name a smell that you are grateful for



#### Share a toy or game you are grateful for with a friend or sibling





### Name a taste that you are grateful for



#### Make cookies for a neighbor





#### Name something outside that you are grateful for



Go on a "gratitude walk" and see how many things you can find that you are thankful for





#### Name a book that you are grateful for



Take your book and read to the elderly (It can be an older person that means a lot to you or you can visit a nursing home nearby)





### Name a color that you are grateful for



#### Make a gift using this color to give to your mailman or woman





### Name a song that you are grateful for



#### Make up a song for someone special





#### Name a piece of clothing that you are grateful for



Go through old clothes that you do not wear anymore and donate them to someone who could use them