

Appreciate Habits At Home

Try and spend a few minutes as a family thinking about the things you are grateful for each day.

DAY 1: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 2: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 3: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 4: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 5: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 6: Did we think about gratitude today?

YES

NO

How did it feel?

DAY 7: Did we think about gratitude today?

YES

NO

How did it feel?

We'd love to see photos of the activities in action! Why not share your pictures at:

