

Gratitude Family Challenge

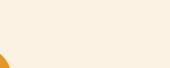




















In this month of giving thanks, it's a great time to acknowledge the people and the experiences we sometimes take for granted.





Use the prompts on the following page to practice being grateful as a family. You can use the Gratitude Challenge in a few ways:

Option #1

As a family, go through the chart all month long and randomly pick a circle. Read a prompt and ask each family member to think of a person or story that comes to mind and share it with everyone.

Note: Don't feel like you have to do this challenge every single day. Choose a column or row, or go through the chart in whatever way makes the most sense for your family.

Option #2

If you can't physically be together, type out the prompt in a group text or get together on a video call.

Option #3



If possible, send a thank you note, text, email, or handmade card to the people you think about to let them know you are thankful for them.

Option #4



Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or story that comes to mind.

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SOMETHING YOU ARE LOOKING FORWARD TO



SOMETHING NEW
YOU LEARNED

SOMETHING YOU SAW SOMEONE ELSE DO WELL SOMETHING YOU DID WELL THIS YEAR

SOMEONE WHO LIVES OUT THEIR FAITH IN A WAY THAT YOU ADMIRE

SOMEONE WHO LISTENS TO YOU WHEN YOU NEED A FRIEND

SOMETHING YOU USE
EVERY DAY THAT YOU MIGHT
TAKE FOR GRANTED



SOMETHING HARD YOU
HAD TO GO THROUGH AND
WHAT YOU LEARNED



SOMEONE WHO YOU SEE ON A
CONSISTENT BASIS WHO IS ALWAYS KIND

SOMETHING GOD CREATED THAT YOU THINK IS BEAUTIFUL

(EITHER YOU'VE SEEN IN REAL LIFE, OR IN PHOTOS OR VIDEOS ONLINE)

GRATITUDE FAMILY CHALLENGE

SOMEONE WHO
MAY HAVE BEEN
TOUGH TO DEAL
WITH AT FIRST,
BUT YOU WERE
GRATEFUL
FOR THEM LATER

SOMEONE WHO HELPS
YOUR FAMILY

(NEIGHBOR, DAY CARE WORKER, GRANDPARENT)



SOMEONE YOU SEE EVERY DAY
WHO HAS SHOWN YOU KINDNESS

(AT WORK, SCHOOL, NEIGHBORHOOD)



A GIFT THAT YOU LOVED
RECEIVING AND WHO GAVE
IT TO YOU

SOMEONE WHO HELPED YOU WHEN YOU NEEDED SOMETHING

SOMEONE WHO TAUGHT YOU SOMETHING ABOUT GOD

SOMEONE
WHO TAUGHT YOU
SOMETHING

SOMEONE WHO SERVES YOUR COMMUNITY OR COUNTRY

SOMETHING
YOU LIKE ABOUT
YOURSELF



SOMEONE OR
SOMETHING THAT
MADE YOU LAUGH

