

7-DAY

Gratitude Challenge

To complete this challenge find a Challenge Buddy and work through the activities together. Once you complete each activity, put a tick next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

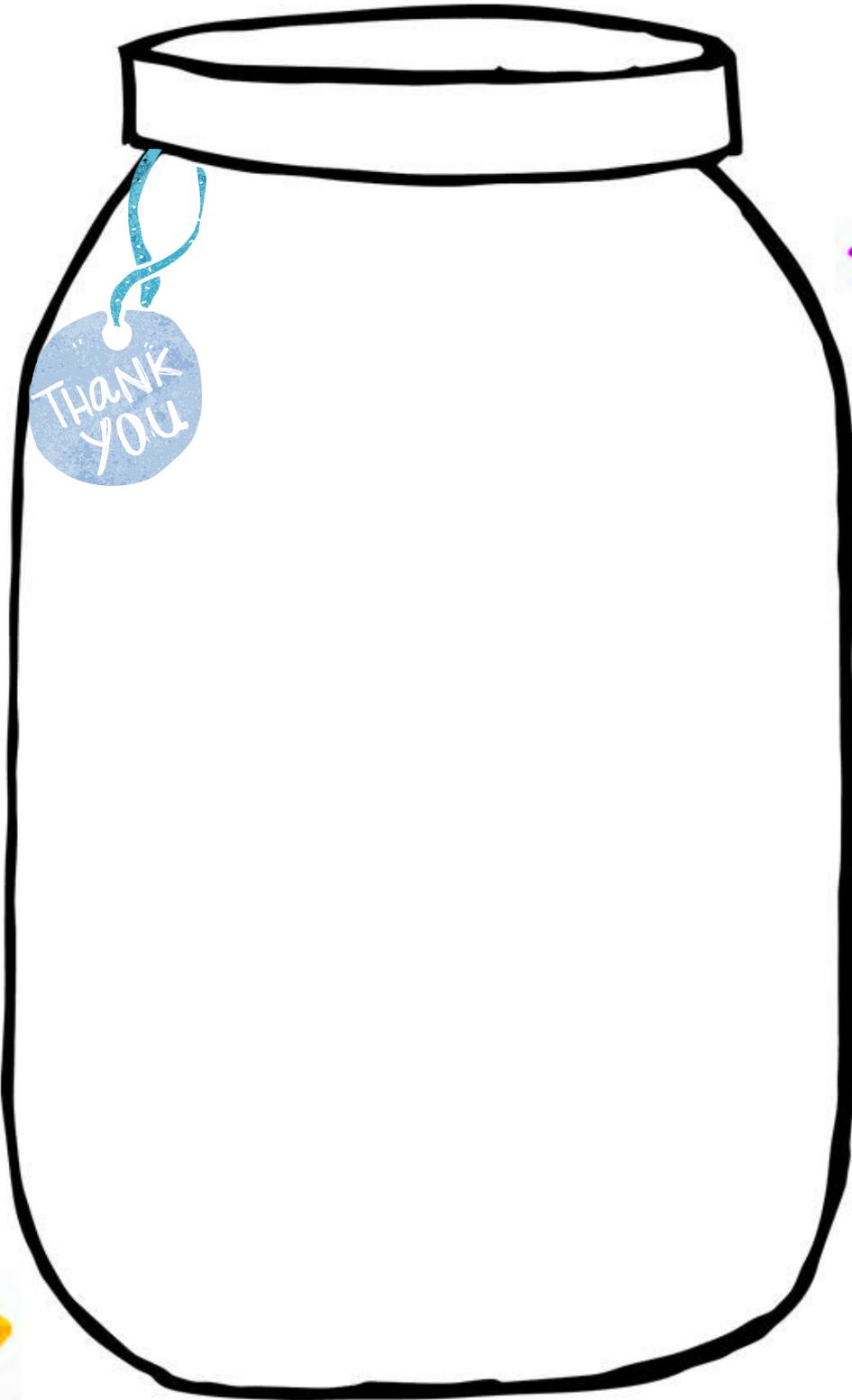
When we complete this challenge we will celebrate by _____

-  **DAY 1** My Gratitude Jar
-  **DAY 2** Today Was A Great Day
-  **DAY 3** A Thank-You Letter
-  **DAY 4** My Gratitude List
-  **DAY 5** Giving Thanks
-  **DAY 6** Mini Thank-You's
-  **DAY 7** Grateful To Be ME

Day 1

My Gratitude Jar

Think about different people, things, and events you are grateful for. Write what and who you are grateful for inside your "Gratitude Jar" below.



Today was a Great Day!

Today I am thankful for...

The best part of my day was...

I felt happy today when...

I can make tomorrow great by...



Smile

A Thank-You Letter

Think about someone who did something kind, generous, or nice for you recently. Write them a thank-you letter in the space below. Tell them why you would like to thank them. When you're done, you can cut the letter out and post it to the person. Imagine how delighted they will be when they receive it!

Dear _____,

Thank you

for _____

from _____.



My Gratitude List

Write down things you're grateful for next to each word below.

I am grateful for...

COLOUR _____

BOOK _____

SONG _____

FILM _____

SMELL _____

PERSON _____

ANIMAL _____

FOOD _____

DRINK _____

SEASON _____

PLACE _____

GAME _____

HOLIDAY _____



Giving Thanks

Think of someone you know such as family member, a friend, or a teacher. Think about why you're thankful for this person. Write a letter to them by filling in the empty spaces below.

Dear _____,



THANK YOU



for being a great _____

My favourite part about you is _____.

I am thankful you taught me how to _____.

I love when we _____ together.

You are wonderful because _____.

Love,



_____.

Mini Thank-You's

Write these mini thank-you notes to anyone you know. It could be your friend, your neighbour, or even the postman who delivers letters to your home every day.

If you wish, cut out the notes and share them with the people you wrote them to. These mini thank-you's can bring a very big smile to someone's face!

Dear _____,
thank you for _____

thank from _____
YOU

Dear _____,
thank you for _____

from _____
thank you

Dear _____,
thank you for _____

from _____
Thank YOU

Dear _____,
thank you for _____

from _____
Thank You!

Grateful To Be ME



What SKILLS do you have that you're grateful for?



What have you done recently that made you feel PROUD?



Write 3 things about yourself you're grateful for:

1

2

3
