30 DAYS OF NOVEMBER GRATITUDE

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1 Someone you can be yourself around	2 A smell that brings back happy memories	3 Something you're proud of yourself for	4 Something small that makes your day better	5 Your favourite thing about November
6 Something that makes your home feel cosy	7 A song that always lifts your mood	8 Something you're glad you said yes to	9 A place where you feel calm and relaxed	10 Something that always makes you laugh
11 An invention that makes your life easier	12 A kind thing someone did for you	13 A meal you never get tired of	14 A problem you no longer have	15 A little treat that costs almost nothing
16 A compliment that made you feel good	17 Something you loved doing as a child	18 Something your body helps you enjoy	19 Something beautiful you've seen outdoors	20 Something that turned out better than expected
21 Something you own that means a lot to you	22 A moment you wish you could enjoy again	23 Something you appreciate more as you get older	24 A lovely surprise you didn't expect	25 A sound you love hearing
26 A skill you're glad you learned	27 Your favourite way to spend a rainy day	28 A stranger who made your day better	29 Something good that happened this week	30 Something you're looking forward to

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November Gratitude Calendar Poster

November Gratitude Calendar Poster is a one-page daily reflection activity containing 30 gratitude prompts for the month of November. Each numbered square offers a different topic, from cosy home comforts and favourite rainy-day activities to kind gestures, outdoor beauty and personal achievements.

Parents, teachers, school pastoral staff, counsellors and carers can print the calendar for children, teenagers or adults to complete independently or discuss together. Use it as a gratitude journal prompt, classroom wellbeing activity, family routine or session check-in to support noticing positive experiences and expressing appreciation in manageable daily steps.