30 DAYS OF NOVEMBER GRATITUDE

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1. Someone who makes you laugh



2. A place where you feel safe



3. A game you never get bored of



4. Something amazing your body can do



5. A smell you really love



6. A kind thing someone did for you



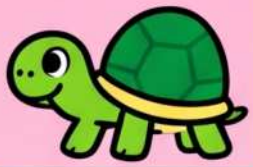
7. Something beautiful you saw outside



8. A fun day you remember



9. Something new you've learned to do



10. An animal that makes you smile



11. Something you love about your home



12. A sound you love hearing



13. Someone you can talk to



14. A small thing that makes your day better



15. Something you love about yourself



16. A story you love hearing or reading



17. A place you love visiting



18. Something you'd love to know more about



19. Your favourite thing about rainy days



20. A time you were really brave



21. A food that tastes amazing



22. Something fun you can do for free



23. Something you're happy to have



24. Something you're proud you can do



25. Something that makes you feel cosy



26. A surprise that made you happy



27. Something that helps you feel calm



28. Something that makes learning fun



29. Something you love making or creating



30. Something you're looking forward to



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30 Days of November Gratitude

30 Days of November Gratitude is a child-friendly daily prompt poster with 30 questions about appreciation, positive memories, supportive people, personal strengths and enjoyable everyday moments. The prompts offer a simple gratitude activity for children throughout November.

Parents, primary teachers, school pastoral staff and child practitioners can use it for morning check-ins, circle time, journalling, family conversations or one-to-one wellbeing work. Taking one prompt at a time can help children practise expressing feelings, recognising strengths and noticing sources of comfort and happiness.