

MASK+ GRATITUDE ON THE GO

HERE ARE SOME EVERYDAY WAYS FAMILIES CAN INCORPORATE **GRATITUDE** INTO THEIR DISCUSSIONS AND ACTIVITIES:

♥ **Gratitude Circle:** Start or end each day with a gratitude circle where each family member shares one thing they're thankful for. This simple ritual fosters a sense of connection and appreciation within the family and starts the day on a positive note.

♥ **Gratitude Journal:** Encourage family members to keep a gratitude journal where they can jot down things they're thankful for each day. Reviewing these entries together periodically can serve as a powerful reminder of life's blessings.

♥ **Thank-You Notes:** Teach children the importance of expressing gratitude by writing thank-you notes for gifts, acts of kindness or help received from others. Make it a family activity to create and mail these notes together.

♥ **Gratitude Walks:** Take regular walks as a family and use this time to notice and appreciate nature's beauty. Encourage children to express gratitude for the sights, sounds, and experiences they encounter during the walk.

♥ **Gratitude Board:** Create a gratitude board or wall in your home where family members can post notes, drawings, or pictures of things they're grateful for. This visual display serves as a constant reminder of life's blessings.



♥ **Random Acts of Kindness:** Encourage family members to perform random acts of kindness for each other and others in the community. Whether making breakfast for a sibling or helping a neighbor with yard work, these acts cultivate gratitude and generosity.

♥ **Gratitude Dinner Conversation:** Use mealtime to discuss moments of gratitude from the day. Prompt family members to share something positive that happened or they're thankful for, fostering meaningful conversation and connection.

♥ **Volunteer Together:** Dedicate time as a family to volunteer at local charities, shelters or community events. Serving others not only instills gratitude but also strengthens family bonds and creates lasting memories.

♥ **Gratitude Jar:** Place a jar in a central location in your home and encourage family members to write down things they're grateful for on slips of paper. Read these notes together as a family on a regular basis.

♥ **Bedtime Gratitude:** Incorporate gratitude into your bedtime routine by asking each family member to share one thing they're grateful for from the day. This practice encourages reflection and ends the day on a positive note.

