

Gratitude Practices

FOR FAMILIES

1. MAKE A GRATITUDE TREE.

Write all of the things you are thankful for on paper ornaments. Put a large branch in a vase and hang the ornaments on it.

2. MAKE A GRATITUDE PAPER CHAIN.

Add one new link per day with something that happened that day.

3. USE ALL OF YOUR SENSES.

What do you see, smell, taste, touch, and feel right now? How are you grateful for each of these things? Keep this in mind all day.

4. MAKE A JOURNAL

of the things you are grateful for.

You can add writings, drawings or photos. Add to your gratitude journal

5. WRITE A NOTE OR DRAW A PICTURE

for someone you appreciate. Tell them how much they mean to you.

6. SAY A SPECIAL PRAYER OF GRATITUDE

using the words of Ralph Waldo Emerson. Thank God "For each new morning with its light — For rest and shelter from the night — For health and food, for love and friends — For everything Thy goodness sends."

