

30 days of thanks

One small thankful thing a day. Do it, then color the leaf.

● NOTICE ● THINK ● FEEL ● DO ● FROM THE BOOK

Day 1



NOTICE

Find 3 things at home that you like.

Day 2



NOTICE

Look outside. What do you love to see?

Day 3



FEEL

What made you smile today?

Day 4



DO

Say thank you to someone at dinner.

Day 5



NOTICE

Who helped you today?

Day 6



THINK

Why do you think they helped you?

Day 7



FROM THE BOOK

Like Fall's boots: what keeps you warm?

Day 8



FROM THE BOOK

Sip a warm drink slowly. How does it feel?

Day 9



NOTICE

Close your eyes. What nice sound can you hear?

Day 10



DO

Draw a picture for someone you love.

Day 11



NOTICE

What food do you love most?

Day 12



THINK

Who made your dinner? What did they do?

Day 13



DO

Help with one small job at home.

Day 14



FEEL

Give a hug. How does it feel?

Day 15



NOTICE

Find something lovely outside: a leaf, a cloud, a puddle.

Day 16



FROM THE BOOK

Just pause. What can you smell right now?

Day 17



FROM THE BOOK

Hide a thank you note somewhere surprising.

Day 18



THINK

What is a friend really good at?

Day 19



NOTICE

What toy or game do you love?

Day 20



FEEL

Think of a happy day. Color it in.

Day 21



DO

Say thank you to a teacher or a helper.

Day 22



NOTICE

Draw the people in your family.

Day 23



NOTICE

What can your body do that you like?

Day 24



FROM THE BOOK

Put a thankful note in your jar or box.

Day 25



FEEL

What was the best part of today?

Day 26



DO

At dinner, everyone says one thank you.

Day 27



THINK

Who made something you use every day?

Day 28



FROM THE BOOK

Which season do you like best? Why?

Day 29



DO

Share something with someone today.

Day 30



FEEL

Look back. Which day did you like most?