

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?