

30 days of thanks

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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  NOTICE Find 3 things at home that you like.	2  NOTICE Look outside. What do you love to see?	3  FEEL What made you smile today?	4  DO Say thank you to someone at dinner.	5  NOTICE Who helped you today?	6  THINK Why do you think they helped you?	7  FROM THE BOOK Like Fall's boots: what keeps you warm?
8  FROM THE BOOK Sip a warm drink slowly. How does it feel?	9  NOTICE Close your eyes. What nice sound can you hear?	10  DO Draw a picture for someone you love.	11  NOTICE What food do you love most?	12  THINK Who made your dinner? What did they do?	13  DO Help with one small job at home.	14  FEEL Give a hug. How does it feel?
15  NOTICE Find something lovely outside: a leaf, a cloud, a puddle.	16  FROM THE BOOK Just pause. What can you smell right now?	17  FROM THE BOOK Hide a thank you note somewhere surprising.	18  THINK What is a friend really good at?	19  NOTICE What toy or game do you love?	20  FEEL Think of a happy day. Color it in.	21  DO Say thank you to a teacher or a helper.
22  NOTICE Draw the people in your family.	23  NOTICE What can your body do that you like?	24  FROM THE BOOK Put a thankful note in your jar or box.	25  FEEL What was the best part of today?	26  THANKSGIVING Thanksgiving! Everyone at the table says one thank you.	27  THINK Who made something you use every day?	28  FROM THE BOOK Which season do you like best? Why?
29  DO Share something with someone today.	30  FEEL Look back. Which day did you like most?					

Grown-ups

Read the day's idea out loud and answer it too. Little ones can draw it or tell you, and you write. Missed a day? Just carry on.