In this month of giving thanks, it's a great time to acknowledge the people and the experiences we sometimes take for granted.



Use the prompts on the following page to practice being grateful as a family. You can use the Gratitude Challenge in a few ways:

Option #1
As a family, go through the chart all month long and randomly pick a box. Read a prompt and ask each family member to think of a person or story that comes to mind and share it with everyone.

Note: Don't feel like you have to do this challenge every single day. Choose a column or row, or go through the chart in whatever way makes the most sense for your family.

Option #2
If you can't physically be together, type out the prompt in a group text or get together on a video call.

Option #3
If possible, send a thank you note, text, email, or handmade card to the people you think about to let them know you are thankful for them.



Option #4
Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or story that comes to mind.



GRATITUDE FAMILY CHALLENGE

SOMETHING YOU ARE LOOKING FORWARD TO

SOMETHING NEW YOU LEARNED

SOMETHING YOU SAW SOMEONE ELSE DO WELL

SOMETHING YOU DID WELL THIS YEAR

SOMEONE WHO LIVES OUT THEIR FAITH IN A WAY THAT YOU ADMIRE

SOMEONE WHO LISTENS TO YOU WHEN YOU NEED A FRIEND

SOMETHING YOU USE EVERY DAY THAT YOU MIGHT TAKE FOR GRANTED

SOMETHING HARD YOU HAD TO GO THROUGH AND WHAT YOU LEARNED

SOMEONE WHO YOU SEE ON A CONSISTENT BASIS WHO IS ALWAYS KIND

SOMETHING GOD CREATED THAT YOU THINK IS BEAUTIFUL

(EITHER YOU'VE SEEN IN REAL LIFE, OR IN PHOTOS OR VIDEOS ONLINE)

SOMEONE WHO MAY HAVE BEEN TOUGH TO DEAL WITH AT FIRST, BUT YOU WERE GRATEFUL FOR THEM LATER

SOMEONE WHO HELPS YOUR FAMILY

(NEIGHBOR, DAY CARE WORKER, GRANDPARENT)

SOMEONE YOU SEE EVERY DAY WHO HAS SHOWN YOU KINDNESS

(AT WORK, SCHOOL, NEIGHBORHOOD)

A GIFT THAT YOU LOVED RECEIVING AND WHO GAVE IT TO YOU

SOMEONE WHO HELPED YOU WHEN YOU NEEDED SOMETHING

SOMEONE WHO TAUGHT YOU SOMETHING ABOUT GOD

SOMEONE WHO TAUGHT YOU SOMETHING

SOMEONE WHO SERVES YOUR COMMUNITY OR COUNTRY

SOMETHING YOU LIKE ABOUT YOURSELF

SOMEONE OR SOMETHING THAT MADE YOU LAUGH

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