Year-Round Gratitude Activities to Share with Your Kids:

Since gratitude needs to be taught often, we need fun and different ideas instead of having to constantly offer up zero cookies or one cookie. Want a simple way to help our kids be more grateful every day? This one simple trick to remind our kids to be grateful for the simple things in their lives will be a game changer.

You can easily recreate this wonderful activity with your child. On a piece of paper Draw his or her silhouette and let your imagination soar! Then your child will fill in all their I Am Words.

Reference: littlemisscounselor.com
Gratitude Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love
Also on this site Learn How to Help Kids Connect with Friends During Social Distancing

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25 GROWTH MINDSET
STATEMENTS AND AFFIRMATIONS
by Big Life Journal

1. Mistakes help me learn and grow
2. I haven’t figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don’t give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I improve with lots of practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don’t succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results
22. I was born to learn
23. When I fail, I say “I can’t do it YET” and try again
24. I strive to do my best
25. I can learn anything!

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