The Giving Tree
teaching kids to give back

Celebrating Gratitude

Gratitude is an essential ingredient of a happy, fulfilling life.

- Hand write a note or card to someone to say thank you.
- Bake cookies for someone who is a special part of your life.
- Start a 'Gratitude Jar'. Have little slips of paper that everyone in the family can record their thoughts and fill your jar with gratitude! Or create a visual… make a Gratitude Paper Chain!
- Put a stickie note somewhere random that will make someone smile.
- Make a friend a favorite meal.
- Send a random text to someone to say "thank you for being you"!
- Have a conversation with your kids at dinner about gratitude.
- Start a family gratitude journal… or start one for yourself.
- Create a list of items for a family scavenger hunt. (Take a walk in nature, around the neighborhood or around the house.) Include items like something that is your favorite color, something that smells good, something that makes you smile etc.
- Spend the day being grateful for everything! The pile of laundry… the errands to run… the homework to help with… everything! 😊
- Pay it forward. Pick a hands-on project to benefit someone in need. Contact us for some ideas. info@givingtreefamilies.org