

Gratitude

Bingo

When a player gets five squares in a row shout "Thankful!"

Turn a negative situation to a positive

Ask someone how they are doing

Give someone a hug

Start a gratitude journal

Help someone without being asked

Text a friend or family member to let them know they are important to you

Write a positive note in chalk on the sidewalk

Help someone clean up

Leave an anonymous note for someone letting them know why they are valued

Tell a teacher or coworker why they are important

Write a gratitude note to a frontline worker

Donate items you no longer need


FREE
SPACE

Try to find the good in everything today

Support a charity

Give five people compliments

Find a mistake that helped you grow

Tell someone who made a difference in your life thank you

Practice finding one small thing to appreciate daily

Recognize five things you are grateful for

Connect with a family member or friend you have not talked with recently

Find the good in something difficult

Start a daily habit with your family to share what happened that was good in your day

Notice three things you take for granted

Find something that keeps you healthy