TOUCHSTONE
THERAPY CENTER

FREE RESOURCE

FAMILY ACTIVITY

Gratitude Bingo

Do the things, mark the squares. When you get five in a row, shout "Thankful!"



Turn a negative situation into 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 tell them they are important to you	Write a positive note in chalk on the sidewalk	Help someone clean up	Leave an anonymous note telling someone 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 of sharing what was good in your day	Notice three things you take for granted	Find something that keeps you healthy