

Gratitude

Bingo

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

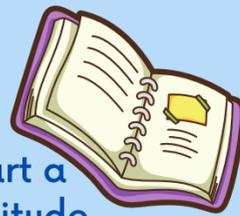
Ask someone how they are doing



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



Tell a teacher why they are important



Write a gratitude note to a frontline worker



Donate items you no longer need



Try to find the good in everything today



Find something that keeps you healthy



Give five people compliments



Find a mistake that helped you grow



Tell someone thank you

THANK YOU



Start a gratitude jar



Call a friend you have not talked with recently



Leave someone a gratitude note or rock



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



Find the good in something difficult

