



Gratitude Day

How many times do people do something to assist us--not just big, obvious acts, but small, everyday acts that might go unnoticed or be taken for granted? Look for those kind acts today and give a genuine thank you.

HOW TO

1. This project celebrates acts of kindness that people do for us everyday. Give it the most impact by choosing a random, "ordinary" day when big events that might create obvious opportunities to express gratitude aren't happening. Then there will be reason to notice the everyday acts of kindness.
2. The day before or the week before, begin prepping this idea with kids at school. Talk about it on school announcements and social media. Give examples of where they might see ordinary acts of kindness. Give examples of ways to express genuine gratitude for everyday kindness. Invite kids to brainstorm.
IMPORTANT: Invite all grown-ups on campus to participate as well. The impact of an expression of gratitude from a grown-up to a student is long-lasting. And expressions of gratitude between grown-ups do not go unnoticed either.
3. Put signs around campus announcing Gratitude Day. Include carline, bus loop, the front office, the cafeteria, building entrances, etc.
4. Pay attention to all the times you thank someone today and how many times you are thanked. At the end of the school day, make a list of each. Post them in the hallways. Celebrate all the acts of gratitude that happened on campus.



SUPPLIES

Anything to make signs:

- paper/posterboard /chalkboard
- crayons/markers/pencils/pens/chalk
- tape/stick-tack

5. Keep it going! Acts of kindness are happening around us everyday. It can always be gratitude day...all it takes are thank yous!
6. BONUS: Now that everyone on campus is familiar with how to do Gratitude Day, schedule some more to happen randomly throughout the year.

Contact ambassadorsupport@km365.org for questions or comments. 😊