Gratitude Take Home

TOPIC OF THE MONTH: **Gratitude** Which is defined as noticing and feeling grateful for the good things in our lives and shifting our focus from what we don't have to what we do have.

Some activities to try at home:

- **GRATITUDE Poster-** Create a poster by displaying (drawing or writing) things and people you feel grateful for.
- **GRATITUDE Scavenger Hunt-** Create a list of people, events, and things you are grateful for both inside and outside of your house.
- **Gratitude Box/Jar-**Create and decorate a **box or jar** as either a family or individually, you can decorate a box with pictures that show what you feel gratitude for.
- **Gratitude Journal-** Begin a journal during the month of November. Each day, record 3 things you feel grateful for. At the end of the month, you can share the journal with people close to you.
- **Gratitude Cards-** Create cards that show love and appreciation to family, friends and/ or teachers.

Additional reading/viewing:
Books for Elementary:
- Title: The Secret of Saying Thanks, Douglas Wood
- Title: Gratitude Soup, Olivia Rosewood
- Title: The Things I am Grateful For, Arnie Lightning
- Title: The Gratitude Jar, Kareina Lou
- Title: Gratitude is my Superpower, Julie Griffiths
Books for Upper Grades:
- Title: Gratitude Journal for Teens, Scarlet Paolicchi
- Title: Just Breathe: Mindfulness and more, Malika Chopra
- Title: RufusM, Eleanor Estes

Kindness Matters 365 (KM365) is a nonprofit that guides children and teens to explore essential life skills such as being kind and compassionate, respecting others, developing stronger relationships, and coping with challenges. After our kids figure out how to feel and be their best, they practice what they discovered through interactive projects and community engagement initiatives (km365.org).
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