

Gratitude Family Challenge



In this month of giving thanks, it's a great time to acknowledge the people and the experiences we sometimes take for granted.



Use the prompts on the following page to practice being grateful as a family. You can use the Gratitude Challenge in a few ways:

Option #1

As a family, go through the chart all month long and randomly pick a circle. Read a prompt and ask each family member to think of a person or story that comes to mind and share it with everyone.

Note: Don't feel like you have to do this challenge every single day. Choose a column or row, or go through the chart in whatever way makes the most sense for your family.

Option #2

If you can't physically be together, type out the prompt in a group text or get together on a video call.

Option #3

If possible, send a thank you note, text, email, or handmade card to the people you think about to let them know you are thankful for them.



Option #4

Planning a Thanksgiving dinner? Go around the table and have each person pick a prompt and share about a person or story that comes to mind.



**SOMETHING YOU
ARE LOOKING
FORWARD TO**



**SOMETHING NEW
YOU LEARNED**

**SOMETHING YOU
SAW SOMEONE
ELSE DO WELL**

**SOMETHING
YOU DID WELL
THIS YEAR**

**SOMEONE WHO LIVES OUT
THEIR FAITH IN A WAY
THAT YOU ADMIRE**

**SOMEONE WHO LISTENS TO YOU
WHEN YOU NEED A FRIEND**

**SOMETHING YOU USE
EVERY DAY THAT YOU MIGHT
TAKE FOR GRANTED**



**SOMETHING HARD YOU
HAD TO GO THROUGH AND
WHAT YOU LEARNED**



**SOMEONE WHO YOU SEE ON A
CONSISTENT BASIS WHO IS ALWAYS KIND**

**SOMETHING GOD
CREATED THAT
YOU THINK IS
BEAUTIFUL**

**(EITHER YOU'VE SEEN
IN REAL LIFE, OR IN
PHOTOS OR VIDEOS
ONLINE)**

GRATITUDE FAMILY CHALLENGE

**SOMEONE WHO
MAY HAVE BEEN
TOUGH TO DEAL
WITH AT FIRST,
BUT YOU WERE
GRATEFUL
FOR THEM LATER**

**SOMEONE WHO HELPS
YOUR FAMILY**

(NEIGHBOR, DAY CARE WORKER, GRANDPARENT)



**SOMEONE YOU SEE EVERY DAY
WHO HAS SHOWN YOU KINDNESS**

(AT WORK, SCHOOL, NEIGHBORHOOD)



**A GIFT THAT YOU LOVED
RECEIVING AND WHO GAVE
IT TO YOU**

**SOMEONE WHO HELPED YOU
WHEN YOU NEEDED SOMETHING**

**SOMEONE WHO TAUGHT YOU
SOMETHING ABOUT GOD**

**SOMEONE
WHO TAUGHT YOU
SOMETHING**

**SOMEONE WHO
SERVES YOUR
COMMUNITY OR
COUNTRY**

**SOMETHING
YOU LIKE ABOUT
YOURSELF**



**SOMEONE OR
SOMETHING THAT
MADE YOU LAUGH**