

Monthly Gratitude Chart

#DreamBigStartSmall

Practicing gratitude is important for adults and children. It's easy to be distracted by everyday 'wants' or experiences of others and to forget to **appreciate what we do have**. Gratitude can help us be more present in the moment, happier, healthier, and fulfilled. Try this activity as a family for a month, or more!

Write down one to two things you are grateful for in a sun ray every day. Coloring is encouraged!

Name _____

Month _____

I am grateful for...

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