

The book cover features a light blue background with horizontal bands of small teal dots. A large, vibrant pink, hand-drawn style shape with irregular edges serves as a central frame. Inside this pink shape, the title is written in a playful, handwritten font. 'the' is in white, 'Little' is in white with a small star to its right, 'Brave Guide' is in white with small teal dashes on either side, 'to' is in white with radiating lines above it, and 'Gratitude' is in a mix of teal and dark blue with a small swirl at the end. The word 'Gratitude' has a teal patterned section. At the bottom of the pink shape, there are small white dots.

the Little
Brave Guide
to
Gratitude

.....

A GUIDEBOOK TO HELP YOU
PRACTICE BEING GRATEFUL

.....



Gratitude

HI THERE!

WELCOME TO THE LITTLE BRAVE GUIDE TO GRATITUDE. DO YOU KNOW WHAT GRATITUDE IS? HERE IS A DEFINITION TO HELP YOU BETTER UNDERSTAND:

GRATITUDE IS NOTICING AND BEING THANKFUL FOR PEOPLE, PLACES AND THINGS IN YOUR LIFE. IT ALSO INVOLVES SHOWING THOSE THAT YOU APPRECIATE THAT YOU ARE THANKFUL FOR THEM.

SO, WHY DOES GRATITUDE MATTER? WELL, DID YOU KNOW THAT THE MORE YOU NOTICE AND GIVE THANKS FOR WHAT YOU HAVE, THE HAPPIER YOU WILL BE? GRATITUDE IS ALSO A GREAT WAY TO HELP YOUR MIND AND BODY CALM DOWN WHEN YOU ARE FEELING ANGRY, SCARED, OR SAD.

SOUNDS PRETTY GOOD, RIGHT? WELL, THE TRICK IS THAT BEING SOMEONE WHO IS FULL OF GRATITUDE REQUIRES A LOT OF PRACTICE. THE GOOD NEWS IS, THAT PRACTICING GRATITUDE ISN'T HARD AT ALL – IT CAN ACTUALLY BE PRETTY FUN!

SO, LET'S GET STARTED...

Gratitude Journal

ONE GREAT WAY TO PRACTICE GRATITUDE IS TO KEEP A GRATITUDE JOURNAL. SOME PEOPLE LIKE TO WRITE FULL SENTENCES AND PARAGRAPHS ABOUT WHAT THEY ARE THANKFUL FOR. OTHER PEOPLE LIKE TO WRITE LISTS. WHILE OTHERS, PREFER TO ANSWER QUESTIONS.

Practice: Daily Gratefulness Questions

USE THE QUESTIONS BELOW TO HELP YOU THINK OF WHAT TO WRITE IN A GRATITUDE JOURNAL. PRACTICE WRITING YOUR ANSWERS FOR TODAY IN THE BOX BELOW.

- 1) WHAT WAS THE HIGHLIGHT OF YOUR DAY
- 2) LIST 3 THINGS THAT YOU ARE GRATEFUL FOR
- 3) THINK OF 1 THING THAT YOU CAN THANK SOMEONE FOR AND THEN DO IT



WHAT WOULD BE YOUR FAVORITE WAY TO KEEP A GRATITUDE JOURNAL (WRITING PARAGRAPHS, MAKING A LIST, OR ANSWERING SET QUESTIONS LIKE THE ONES ABOVE)

Gratitude Scavenger Hunt

USE THE LIST BELOW TO LOOK AROUND YOUR HOUSE AND/OR ANYWHERE THAT YOU LIKE TO GO (LIKE THE PARK OR YOUR CLASSROOM AT SCHOOL.) WRITE DOWN WHAT YOU FIND NEXT TO EACH ITEM. TRY TO FIND A DIFFERENT ITEM FOR EACH LINE.

SOMETHING THAT IS YOUR FAVORITE COLOR	
SOMETHING THAT MAKES YOU LAUGH OUT LOUD	
SOMETHING THAT REMINDS YOU OF YOUR BEST FRIEND	
SOMETHING THAT YOU KNOW SOMEONE ELSE WILL LOVE	
SOMETHING THAT TASTES AMAZING	
SOMETHING THAT MAKES A BEAUTIFUL SOUND	
SOMETHING THAT LOOKS REALLY COOL	
SOMETHING THAT SMELLS GOOD	
SOMETHING THAT FEELS REALLY COMFORTABLE	
SOMETHING THAT REPRESENTS ONE OF YOUR TALENTS	
SOMETHING THAT REMINDS YOU OF A GOOD MEMORY	
SOMETHING THAT YOU LOVE TO DO WITH A FRIEND	
SOMETHING THAT YOU LOVED WHEN YOU WERE LITTLE	
SOMETHING THAT MAKES YOU FEEL SAFE	
SOMETHING THAT MAKES YOU FEEL LOVED	

Gratitude Grab Bag

Supplies:

BROWN PAPER LUNCH BAG

MARKERS, GLITTER, STICKERS, OR OTHER DECORATIONS

Instructions

DECORATE YOUR BAG WITH MARKERS, STICKERS, MAGAZINE CLIPPINGS, PICTURES, OR ANYTHING ELSE THAT YOU LIKE. (I DECORATED MINE WITH MY FAVORITE COLORS AND QUOTES THAT MADE ME THINK OF WHAT I AM GRATEFUL FOR.)

CUT OUT THE STRIPS OF PAPER BELOW AND PLACE INSIDE YOUR BOX.

EVERY DAY TAKE OUT ONE STRIP OF PAPER AND FINISH THE SENTENCE OUT LOUD TO HELP YOU PRACTICE GRATITUDE.

WHAT IS ONE AMAZING THING THAT HAPPENED TODAY	WHAT FOOD ARE YOU MOST GRATEFUL FOR
WHO ARE YOU MOST GRATEFUL FOR AND WHY	WHAT IS YOUR FAVORITE PLACE ON EARTH
WHAT IS SOMETHING THAT YOU LOVE ABOUT YOURSELF	WHAT DO YOU LOVE ABOUT YOUR PARENTS
WHO MAKES YOU SMILE	WHAT IS YOUR FAVORITE SPORT OR ACTIVITY
WHAT IS A FAVORITE MEMORY	WHAT DO YOU LOVE LEARNING ABOUT
WHAT IS YOUR FAVORITE TOY AND WHY	WHAT IS YOUR FAVORITE HOLIDAY AND WHY
WHAT DO YOU LOVE ABOUT SCHOOL	WHAT IS YOUR FAVORITE SMELL AND WHY
WHAT DO YOU LIKE BEST ABOUT YOUR BROTHER/SISTER AND/OR COUSIN	WHAT IS YOUR FAVORITE OUTDOOR ACTIVITY
WHAT GAME OR TV SHOW DO YOU REALLY ENJOY?	WHAT WAS THE LAST THING THAT MADE YOU LAUGH HARD

Random Acts of Kindness

RANDOM ACTS OF KINDNESS ARE THINGS THAT YOU UNEXPECTEDLY DO FOR OTHERS. FOR EXAMPLE, YOU COULD PUT YOUR SISTER'S LAUNDRY AWAY FOR HER OR MAKE YOUR MOM A CUP OF COFFEE.

PRACTICING RANDOM ACTS OF KINDNESS HELPS YOU SHOW YOUR GRATEFULNESS FOR THE PEOPLE IN YOUR LIFE AND FOR THE THINGS THAT YOU HAVE (LIKE TIME, MONEY, OR LOVE.)

IT IS ALSO IMPORTANT TO NOTICE RANDOM ACTS OF KINDNESS THAT OTHERS DO FOR YOU. IT CAN BE AS SIMPLE AS NOTICING THAT A CLASSMATE HELPED YOU WITH A MATH PROBLEM THAT YOU DIDN'T UNDERSTAND, OR A FRIEND HELD THE DOOR OPEN FOR YOU. BECOMING MORE AWARE OF THE NICE THINGS THAT PEOPLE DO FOR YOU HELPS YOU TO FEEL MORE GRATEFUL!

USE THE SPACE BELOW TO KEEP A LIST OF THE RANDOM ACTS OF KINDNESS THAT YOU DO, AS WELL AS THE ACTS THAT YOU NOTICE OTHERS DO FOR YOU. TRY TO DO AT LEAST 1 RANDOM ACT OF KINDNESS EVERY DAY.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Gratitude Rocks

Supplies:

A FEW FLAT ROCKS THAT ARE ABOUT THE SIZE OF YOUR HAND.

CRAFT PAINT

OPTIONAL: PAINT PENS OR SHARPIES

Instructions:

PAINT THE ROCKS FUN BRIGHT COLORS.

ADD POSITIVE MESSAGES THAT WILL MAKE OTHER PEOPLE SMILE SUCH AS:

YOU ARE LOVED

HELLO BEAUTIFUL

YOU MATTER

STAY STRONG

SMILE

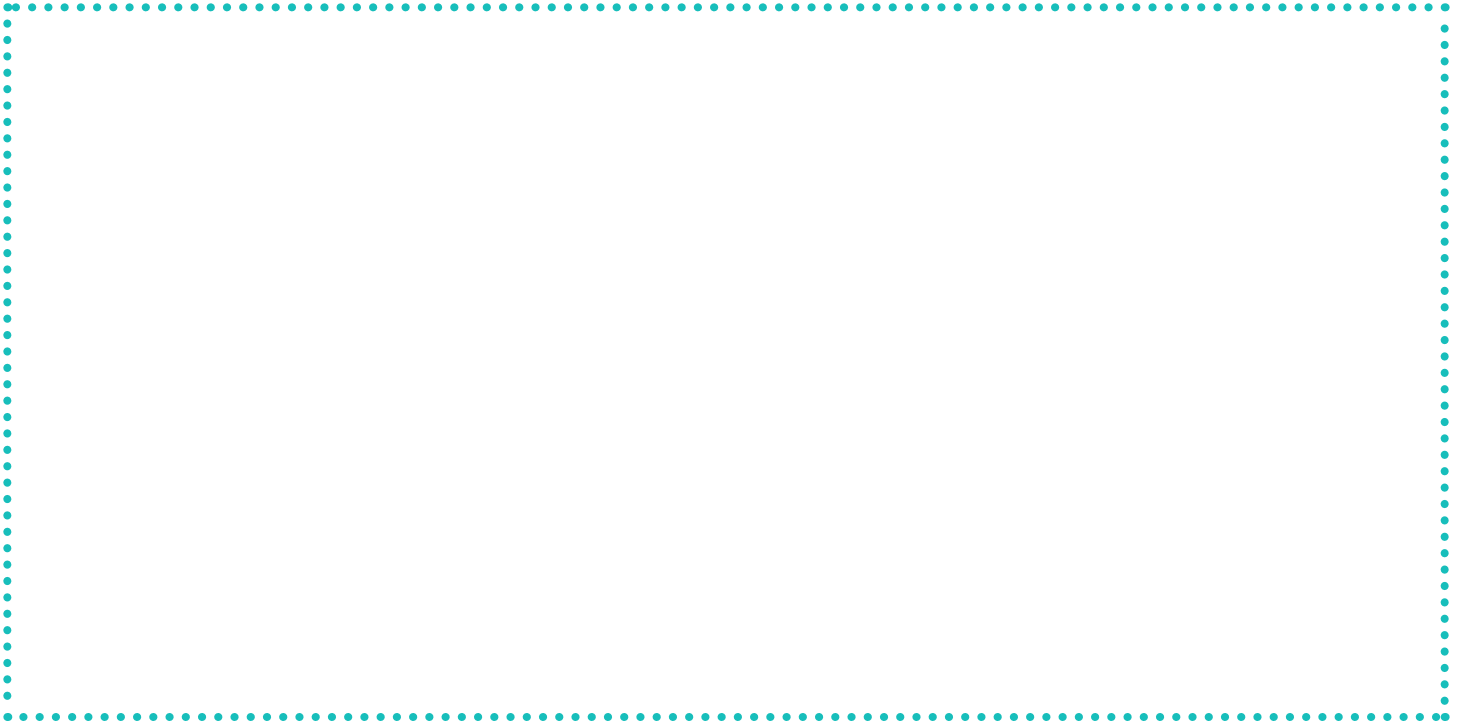
SECRETLY PLACE THE ROCKS IN PLACES THAT OTHERS WILL FIND THEM SUCH AS GARDEN BEDS, PLAYGROUNDS AND PARKS.





Letters of Gratitude

IT IS IMPORTANT TO LET THE PEOPLE YOU LOVE KNOW THAT YOU APPRECIATE THEM AND ARE THANKFUL FOR ALL THEY DO. USE THE SPACE BELOW TO MAKE A LIST OF PEOPLE THAT YOU COULD WRITE A THANK YOU LETTER TO, THANKING THEM FOR BEING IN YOUR LIFE AND FOR ALL THAT THEY DO FOR YOU.



NOW, PICK ONE PERSON FROM YOUR LIST AND WRITE THEM A LETTER. MAKE SURE TO INCLUDE SPECIFIC EXAMPLES OF WHAT YOU ARE GRATEFUL FOR. FOR EXAMPLE, IF YOU ARE WRITING TO YOUR FRIEND, YOU MIGHT TELL THEM THANK YOU FOR ALWAYS BEING WILLING TO SHARE THEIR TOYS WITH YOU.

Gratitude Collage

Supplies:

SHEET OF BLANK PAPER OR POSTER BOARD
MAGAZINES
SCISSORS
GLUE STICK

Instructions:

LOOK THROUGH MAGAZINES AND CUT OUT WORDS AND PICTURES THAT REMIND YOU OF THINGS THAT YOU ARE GRATEFUL FOR. (MAKE SURE TO CHECK IF IT IS OKAY TO CUT UP THE MAGAZINES!)

GLUE DOWN YOUR PICTURES AND WORDS ALL AROUND THE PAGE.

HANG YOUR COLLAGE SOMEWHERE WHERE IT WILL REMIND YOU TO STOP AND BE GRATEFUL.

Gratitude Ritual

A RITUAL IS SOMETHING THAT YOU DO REGULARLY THAT HOLDS VALUE TO YOU. FOR EXAMPLE, YOU MAY SAY A PRAYER EVERY NIGHT BEFORE GOING TO BED OR YOU MAY ALWAYS HUG YOUR PARENTS BEFORE LEAVING THE HOUSE. THE PURPOSE OF A RITUAL IS TO MAKE THAT ACTIVITY OR ACTION A HABIT.

ONE FUN WAY TO INCORPORATE PRACTICING GRATITUDE INTO YOUR LIFE IS TO COME UP WITH YOUR OWN GRATITUDE RITUAL. USE THE SPACE BELOW TO BRAINSTORM SOME WAYS THAT YOU COULD PRACTICE BEING GRATEFUL EVERY DAY.

NOW, PICK ONE ACTION AND TURN IT INTO YOUR GRATITUDE RITUAL. WRITE IT DOWN ALONG WITH ALL OF THE DETAILS OF HOW YOU WILL DO IT

FOR MY GRATITUDE RITUAL, I WILL: