

PRACTICING GRATITUDE *as a family*

As parents and caregivers, we are our children's first teachers. We can use these tips to model gratitude and/or practice gratitude as a family.

1
Say "please"
and "thank
you"

2
Spend time in
nature
together

3
Volunteer

4
Write a thank
you card

THANK
YOU

5
Look for and
point out
special
moments in your
day

6
What brings
you joy?
Make a list

7
Compliment
others

8
Keep a
gratitude
journal as a
family

9
Participate in
Thankful Thursdays
and post your
gratitude on social
media with
#ShowUpAmherst

10
Create a
family
gratitude list

11
Free
Space:
your choice

12
Keep a family
Gratitude Jar,
where you place
notes of gratitude
for each other

13
Look for the
positive and
share what
you find

14
Have a family
game night or
some other
activity
together

15
Share
something you
love about your
child with them

16
Take
gratitude
walks

17
Discuss what
you are
grateful for
and why

18
Visit a friend
who is lonely

19
Spend one on
one time
together

20
Give
someone a
small token or
gift

GRATITUDE LIST

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Adapted from Big Life Journal's *20 Ideas to Cultivate an Attitude of Gratitude in Your Children* by Shannon Lambert