

Gratitude – Week 2 - Activities

Gratitude Journal

Gratitude journals are a great way to record all the things you are grateful for that day. You can make your own journal, or use a pre-made notebook or journal. Write at least two things in your journal each day!

Materials List for making your own journal:

- 5 or 6 sheets of Computer Paper
- Markers
- Hole punch & string or yarn or ribbon
- or Stapler



Directions:

1. Fold your paper in half, or in fourths
2. If in fourths, then cut along the short end fold
3. Punch holes along the folded edge, a little way in from the edge. Thread the yarn, ribbon or string through and tie in a secure knot
4. Or you may wish to staple the folded edge

Family Richness Exercise

How rich is your family? To find out, do this exercise together!

1. Together, listen to the recording of *The Table Where the Rich People Sit* by Byrd Baylor
2. Together, list out the riches your family experience!
3. Appreciate the richness together!

