

30 DAYS
OF



GRATITUDE

CHOOSELOVEMOVEMENT.ORG

choose  love™
for communities

30 Days of Gratitude Toolkit Challenge Week #2

choose  love™
movement

www.ChooseLoveMovement.org



CHOOSE LOVE IS CELEBRATING
GRATITUDE THIS MONTH!

What is Gratitude?

Gratitude is defined as the feeling or expression of thankfulness and appreciation toward yourself, others, people, places, or things.

[Get a Gratitude Poster for your home, class, or office here!](#)

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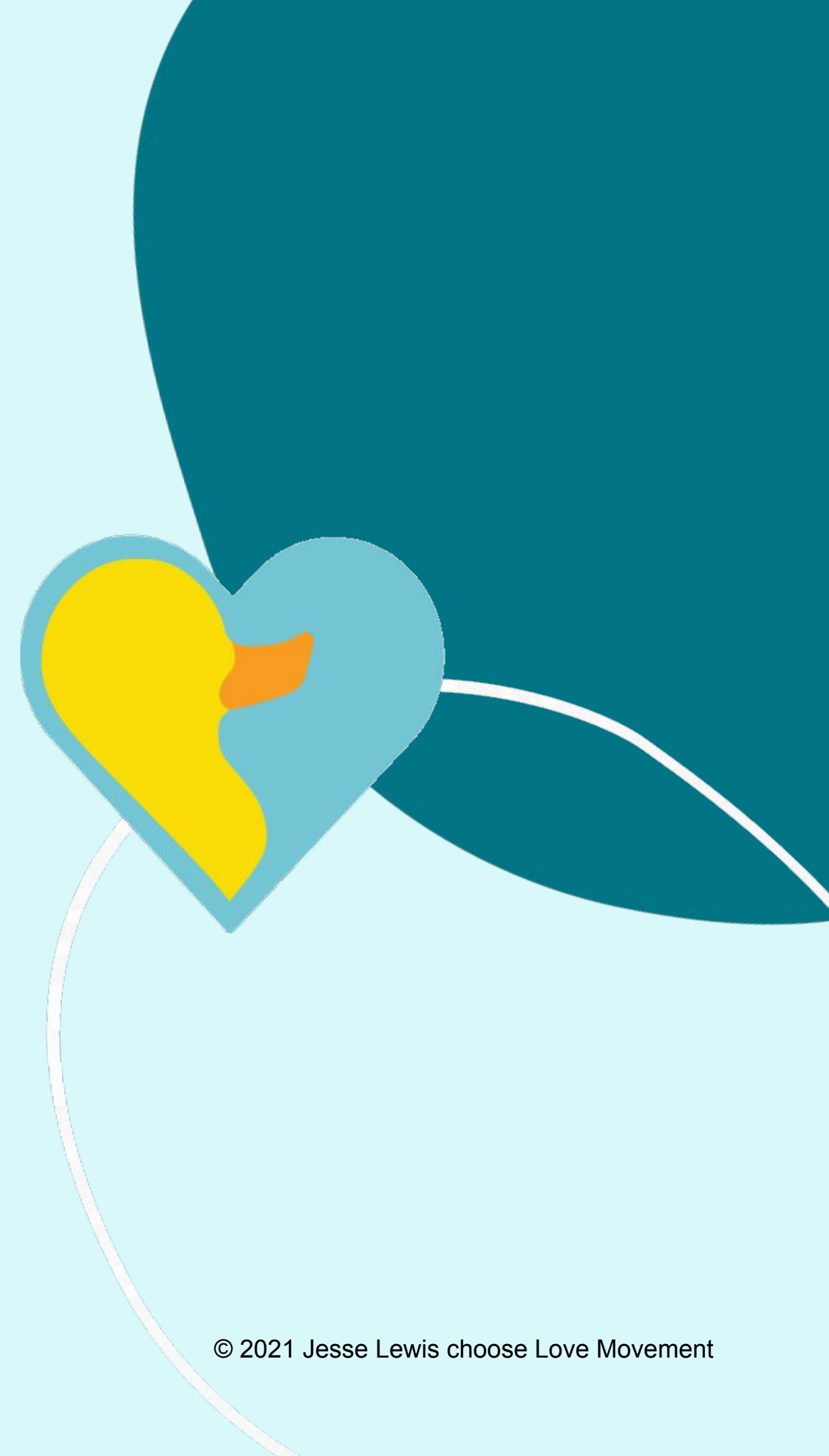
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Challenge #9

What is gratitude?

Why is Gratitude Good?

Gratitude journals and other gratitude practices often seem so simple and basic; in our studies, we often have people keep gratitude journals for just three weeks. And yet the results have been overwhelming. We've studied more than one thousand people, from ages eight to 80, and found that people who practice gratitude consistently report a host of benefits.

Read [entire article](#) from Greater Good Magazine for all the benefits of Gratitude.

[Scarlett is on TikTok and made this quick tip on gratitude.](#)

[Read More](#)

Challenge #10

What is Your Happy Place

Watch Scarlett Talk About Her Happy Place

What place makes you happy? Whether it's outside at the beach, the mountains or the country, or inside near a window, comfy chair or family room. Think about a place that makes you feel happy, safe, and/or comfortable

[Read More](#)



**Challenge #10 -
Where is Your
Gratitude Place?**

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Challenge #11 - Grateful Breath

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Challenge #10 Gratitude Breath

A quick 30 second gratitude breathing exercise will help you be more positive and happier.

Watch students from St. Andrew's School in CT as they demonstrate the Gratitude breath.



[Read More](#)

Challenge #12 Gratitude Chain

This is a fun way to come together and share things you are thankful for and create a fun decoration for the classroom or home.

Cut paper into strips. Write things that you are grateful for on each strip. Create your chain by stapling the strips of paper into loops to connect them all together.

Hang on your wall or doorway or you can decorate your table.

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Challenge #13 – Gratitude Song

Here is a really cute song by Allison Davies singing about how “Every little cell in my body is happy.”



[Read More](#)

Challenge #14 – Gratitude Ring of Leaves

Autumn is a great time of year to go outside and enjoy the crisp air and collect some leaves with the kids along the way to use for a simple Gratitude craft. Pick out your favorite leaves to use for your craft. You can keep them natural or if you're feeling crafty you can paint them or use glitter glue. Here's a few ways to craft:

Gratitude Circle - with Paper

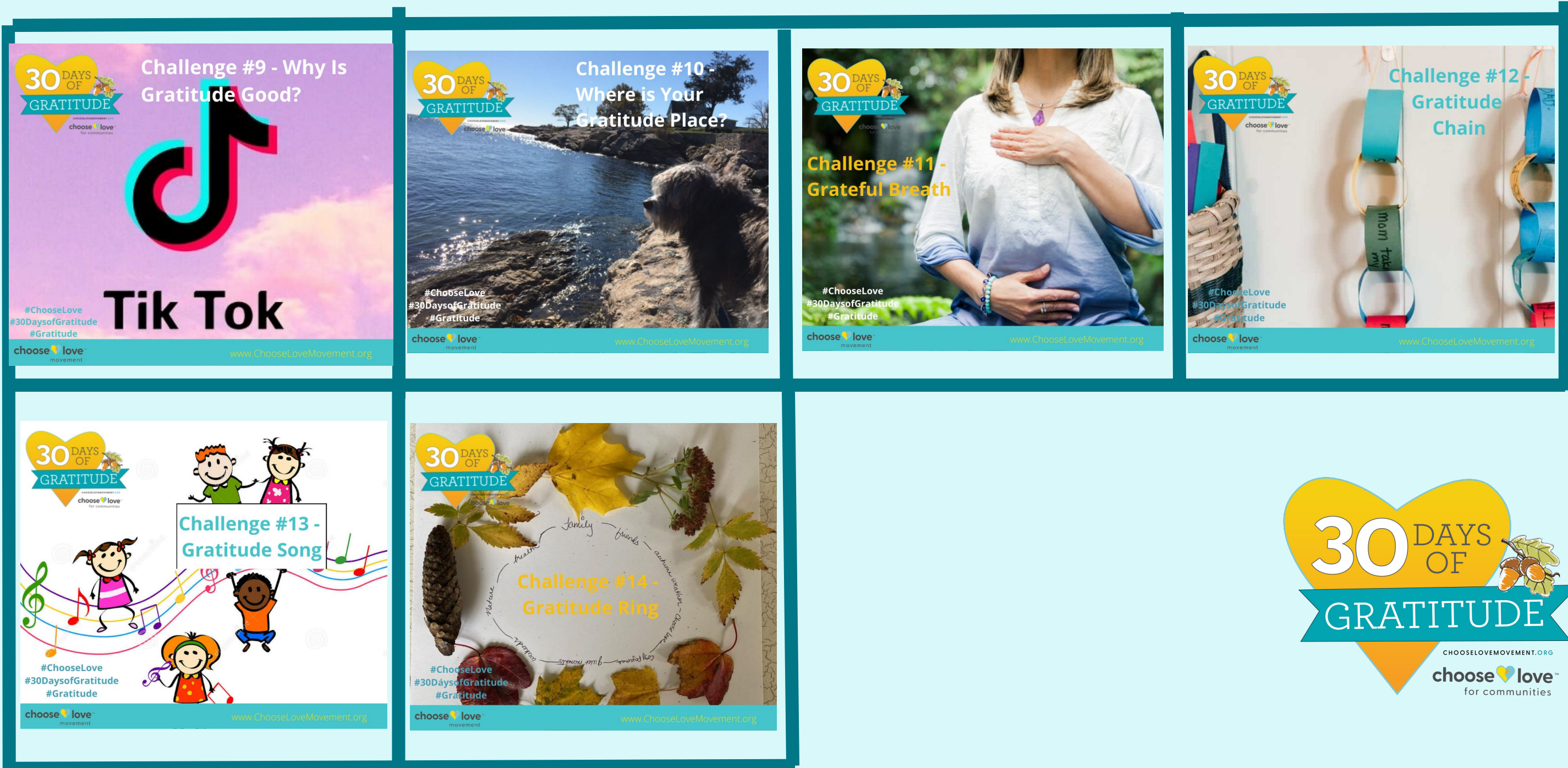
Grateful Wreath - with a Paper Plate

Grateful for Trees - using leaves from different trees.

[Read More](#)



This Week's Recap



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The background is a light teal color. In the top left corner, there is a large, light teal circle with a thin white outline. In the top right corner, there is a smaller, solid teal circle. On the left side, there is a dark teal branch with several leaves. The word "DONATE" is written in large, bold, dark teal capital letters in the center. Overlaid on the word "DONATE" is the phrase "Be Part of the Solution" in a white, cursive script font.

DONATE

Be Part of the Solution

Text ChooseGratitude to 41444

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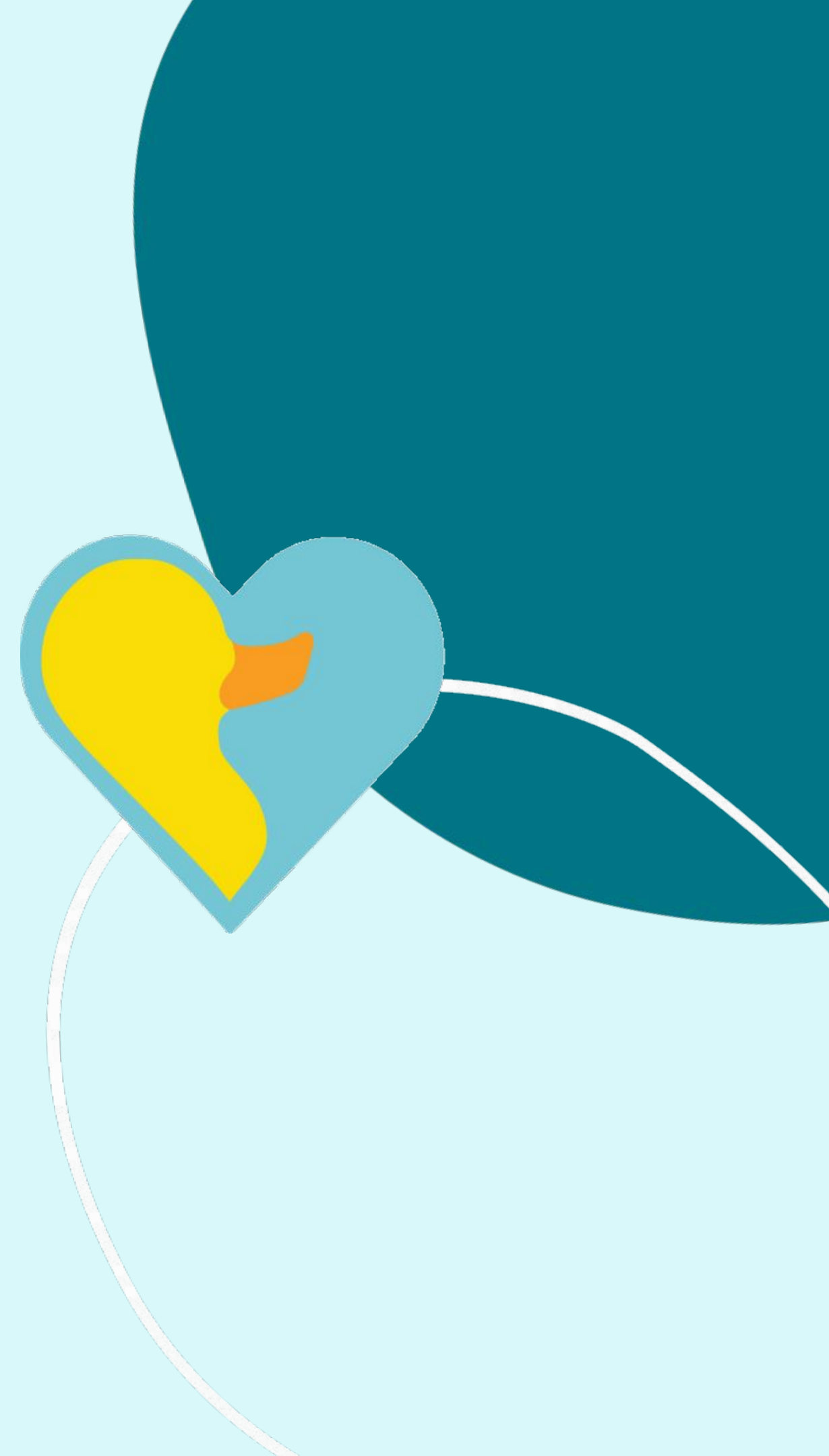
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Get in touch

FOR INQUIRIES, FEEDBACK,
SUPPORT, OR JUST TO SAY HI!

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