

# GRATITUDE

## ACTIVITY PACK

## GRATITUDE ACTIVITY PACK

---

Finding ways to support your family's wellbeing during this period can be difficult. With limited access to the outside world and the strains of managing everyday life tasks under one roof can, at times, may make life feel like climbing a mountain. Here, at the Muscle Help Foundation, we recognise how important the support we offer is and have created a programme of virtual experiences and supporting materials based around gratitude to help.

Gratitude is the act of giving conscious thanks for all that we have, and all that we don't! It's more than just a "thanks", gratitude is a mindset that chooses positivity over negativity.

The activities in this pack teach the kinds of life skills that will benefit you and the family throughout your entire life. And, we want to help by providing you with simple ways to help increase mental wellbeing! The practice of gratitude is an important part of building resilience, increasing mindfulness and helping to develop a growth mindset. So, we've created some fun gratitude practices that includes simple, but effective gratitude activities for kids.

### ACTIVITY 1:

# GRATITUDE JAR

A great way to practice gratitude is with a daily gratitude jar activity. Each day, write down something you're thankful for, and add it to the jar. At the end of the week, read through all your notes as a family; and watch the power of positive thinking improve your mood and happiness.

To do this activity at home, you'll need:

- 3 sheets of regular paper
- 1 sheet of sticker paper
- Scissors
- A colour printer
- A mason jar

#### Directions:

Start your gratitude jar by printing the template (on the next page) on coloured paper or card. Cut along the lines to get 10 gratitude to-do's. For a full month's supply, print twice.

From there, replace your regular paper with sticker paper and print the gratitude jar label. Cut this label and attach to a mason jar. Voila! You're ready to start your gratitude jar. Decorate your jar to your liking!

PRINT ME



I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_



I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

I'M THANKFUL FOR...

\_\_\_\_\_

PRINT ME



### ACTIVITY 2:

# GRATITUDE SCAVENGER HUNT

A great way to remind the family of the simple things in life they enjoy is through a gratitude scavenger hunt!

Fortunately, you don't have to venture far to complete this scavenger hunt, send your family on a mission around the house and garden to capture photographs of their favourite things. They'll find that they don't have to go far to discover items that bring them joy and happiness.

Turn this into a competition with family members or friends by timing the hunt. Whoever completes their sheet the fastest, wins.

To go on a gratitude scavenger hunt, you'll need:

- Regular paper
- A printer
- A camera or camera phone

#### Directions:

Once you've printed the scavenger hunt sheet, get your camera or smart phone ready. Then, set off to snap pictures of your favourite things and check each item off the list once you've captured a photo. Once you have all of the photos collected, you can arrange them in a scrapbook so you can revisit the photos.

### SCAVENGER HUNT CHECKLIST:

Find things you are grateful for and snap a pic, then check it off the list!

- ☐ Find something that you are grateful for in nature.
- ☐ Find something that makes you feel at home.
- ☐ Find something that makes you feel unique.
- ☐ Find something that you find entertaining.
- ☐ Find something that you look forward to every day.
- ☐ Find something that is useful for you.
- ☐ Find something that makes a beautiful sound.
- ☐ Find something that comes in your favourite colour.
- ☐ Find something that you enjoy in the garden.
- ☐ Find something that you love in your room.
- ☐ Find something that you eat that tastes good.
- ☐ Find something that has an enjoyable smell.
- ☐ Find something that reminds you of a loved one.

## GRATITUDE ACTIVITY PACK

### ACTIVITY 3:

# GRATITUDE WORDSEARCH

When you're feeling less active, why not settle down with our gratitude word search. Take the time to review our list of things that you can be thankful for, and then find them in the search below. Words can appear horizontally, vertically and diagonally.

X K S D M F B G M I W G R A N D P A R E N T S X C U I Y T B  
O O L B H R Q G P C G K M A F F I L D T B A D F P E L J E B  
C M O O N F I K Y E V Y W R Y A C Q A Y E P P S U N V B N R  
A Z M D O O P C J C Q I S E A M T M D K D P M O L D T T Q C  
R X J E R W V P A R T F A K N I N R U J M C U K A V P P C N  
S S U N S H I N E E F S H N I L Z W N M U T Y T U L C S W K  
D T U M K Q E H N A S M U M M Y Z K F K S P X V G N V F O M  
C Y C I J A Q J P M S E H S A E N I Q V I S C V H G G K T X  
P B R U I G S Z W C V P I K L R U K Z G C O Y O T S H F B P  
T V A C A T I O N Z Q Q Y S S B Q V S T G N K A E Y E C S H  
X U M S C H O O L X F D D W S K V Y F B W U N B R B A V K G  
C X D P D T O N U L J F K L N N Q K W P V W Y O T W R E C Z  
H G K R N V J V R C O J V G R P A H L E T G Q O V V T R O L  
B U U W H Q M I V J K K D C C S N T A I Y I K K B D E E H S  
A W Q F U M C O F E E P M H W R A Q U T U Q E S U H U K Z J  
Q I L S U P V P L D S I Q R Q S S P W R Q H E A S S I K S B  
F X C D H H L P U D H G F K V Z D H X S E S T A R S Q E X K  
N Q E I S T W C C B C Y E T A H N N O P D G C Y H T Y P R K  
F P N H D S X A H X M G Y V X W G F L E E W Q W S M H K U U  
D R W Y L B P G R Z M U X S A O A B Q B S D W K A R O J V Q  
Z T K Q W H O A W R A E S G S F C M D T N V U D U P X G Z O  
Q K L M D U P R L T I J W C R P C S Y B R Y D E H X Y N R J  
H L U N G S C V V E F O E C L V P E C T D Y G X X Y G O P X  
B V V G I D O K P C L A R W X E T R E R G A B B H P E C G F  
E T D J K X R N Q V O R O V U L A A R R X H H V Q X N B Y E  
K B M J Q T N N Q W W R Y L N T S I K Y O N O G D B P W K A  
L P I U B M Q A Y H E O D O M A T N F B U E M J K D K Q S R  
C B G P T X Z Q S V R T C K A K E S L D E J E P V L W N E J  
L B V L G E I H R Z S Q B I R T H D A Y J N V O Q O G V Y K  
B V T E E K H K M H Z D R B D F C U Z R E A D I N G E U F Z

Grandparents

Ice Cream

Warrior

Family

Taste

Jokes

Books

Cars

Vacation

Laughter

Reading

School

Shoes

Music

Moon

Mum

Birthday

Animals

Popcorn

Oxygen

Lungs

Heart

Rain

Dad

Sunshine

Flowers

Muscle

Nature

Stars

Earth

Home

Bed

### ACTIVITY 4:

# THANK YOU CARDS

Another fun way to help instil gratitude, is to remember to say thank you, even for the smallest things. Thank you cards may feel reserved for birthday or Christmas gifts; but a simple thank you to friends and family all year-round can leave you feeling warm and happy inside.

For this simple activity, you'll need:

- 1 sheet of regular paper or cardstock
- Scissors
- A colour printer

#### Directions:

Print your thank you notes at home on regular paper (or cardstock for a sturdier feel). Make sure to use colour ink to take advantage of our colourful and creative design.

When you're finished printing, cut along the lines so you have individual thank you notes. Then, start writing your messages of thanks.

PRINT ME



★ ★  
**THANK  
YOU!**



I'M GRATEFUL FOR  
YOU BECAUSE...



LOVE, \_\_\_\_\_



☁ ☁  
**THANK  
YOU!**



I'M GRATEFUL FOR  
YOU BECAUSE...



LOVE, \_\_\_\_\_



ACTIVITY 5:

# GRATITUDE JOURNAL

Take the time each day to note how you feel and something you feel thankful for each day. Print a page (or as many as you require) each day; and keep in a scrapbook or diary of gratitude.

PRINT ME

✂

*MY GRATITUDE JOURNAL*

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:

★1 \_\_\_\_\_

★2 \_\_\_\_\_

★3 \_\_\_\_\_

THIS PERSON BROUGHT ME JOY: \_\_\_\_\_

TODAY I FEEL: \_\_\_\_\_

THE BEST PART OF MY DAY WAS: \_\_\_\_\_  
(DRAW OR WRITE ABOUT IT!)



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)

PRINT ME



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)

PRINT ME



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)

PRINT ME



# MY GRATITUDE JOURNAL

TODAY'S DATE IS: \_\_\_\_\_

I AM THANKFUL FOR:



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

THIS PERSON BROUGHT ME JOY:

\_\_\_\_\_

TODAY I FEEL:

\_\_\_\_\_

THE BEST PART OF MY DAY WAS:

(DRAW OR WRITE ABOUT IT!)