

# 30 DAY Family Gratitude Challenge

			1 GRATITUDE GAME	2 THANK YOU NOTES	3 GET INTO NATURE	4 DONATE FOOD
5 THANKFUL TREE	6 DRAW LOVED ONES	7 ADD UP COSTS	8 DONATE CLOTHES OR TOYS 	9 GRATITUDE YOGA 	10 HOMEMADE CARDS	11 FARM TO TABLE
12 "HOW IT'S MADE"	13 COMEDIC THANKS	14 THANK YOU SIGNS	15 CAREER DAY	16 THANK YOUR BODY	17 FAMILY HISTORY	18 SEND POSTCARDS
19 LAUNCH INTO SPACE	20 GRATITUDE POEM	21 TRANSLATE "THANK YOU"	22 HISTORICAL HEROES	23 FIVE SENSES CHART	24 MOVIE NIGHT 	25 IMAGINE A DAY WITHOUT
26 MAKE A FOOD GIFT	27 GUIDED MEDITATION	28 THANKFULNESS COLLAGE	29 READ ALOUD	30 GIVE A GREAT TIP		