

30-Day Gratitude Challenge for Kids

1. What made you smile today?
2. Who is someone you're really thankful for?
3. What's your favorite thing about your home?
4. What's a toy you're really glad you have?
5. What's something nice someone did for you today?
6. What's your favorite thing to do with your family?
7. What's one thing you love about school?
8. Who made you laugh this week?
9. What's a book or show you're grateful for?
10. What's something in nature you enjoy?
11. What food makes you feel happy?
12. What's a small thing that makes you feel cozy or safe?
13. What's a memory that makes you smile?
14. What's something new you learned recently?
15. What's something kind you did today?
16. What's something you're really good at?
17. Who helped you today?
18. What's something you're excited about?
19. What's something that smells really good to you?
20. What's a color that makes you happy?
21. What song always makes you want to dance?
22. What's a gift you've loved receiving?
23. What's a gift you've loved giving?
24. What's something you love about being YOU?
25. What's something you used to find hard but is easier now?
26. What do you love about your room?
27. What's something that helps you calm down when you're upset?
28. What's a place you love visiting?

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29. What's something silly that always makes you laugh?

30. What's one thing you hope to always remember?