

12 WEEKS GRATITUDE CALENDAR

Journal Prompts & Conversation Starters For the Entire Family

Month 1	Week #1	Name two people you are thankful for Who helped you today?
	Week #2	What is something you own that makes life easier for you? What author or book series do you like reading?
	Week #3	Name two things you like about the current season of the year What do you like about your room/home?
	Week #4	What is your favourite quote/verse/saying? What game did you enjoy playing?

Month 2	Week #1	If you enjoyed going for a walk where would you like to walk? Name a place that you feel safe
	Week #2	My favourite aspect of my personality is? My favourite time of day is
	Week #3	A song I like to sing out-loud that would lift my mood is? The task at school/work that I enjoy the most would be
	Week #4	What do you like about your school/job? What do you like about being your current age?

Month 3	Week #1	What do you like about your family? What is your favourite holiday and why?
	Week #2	What do you like about your neighbourhood? What is a recent gift that someone gave you that you are now appreciating?
	Week #3	Name something that you made/bought recently that you are now enjoying? What is a lesson you learned that has helped recently?
	Week #4	Name a favourite toy/tool/gadget that you couldn't live without? What is your family's favourite vacation or getaway place?

Made for you by HELP FOR FAMILIES CANADA