A THANKSGIVING FAMILY TRADITION

Our Family *Gratitude Jar*

Write it. Share it. Be thankful.



A little note of gratitude can become a memory your family keeps forever.

30 THOUGHTFUL PROMPTS • MADE TO PRINT, CUT & SHARE

30 Gratitude Jar Prompts

Cut out the cards, choose one each day, and fill your family jar with thankful thoughts.

01 Who is someone you are especially thankful to have in your life?	**02** What is your favorite family memory?	**03** What is one thing someone in your family does that makes you smile?
04 Who makes you feel loved and appreciated?	**05** What is something special about your home?	**06** What little thing made you happy today?
07 What is your favorite meal or treat?	**08** What is something beautiful you noticed recently?	**09** What is your favorite way to spend a relaxing day?
10 What is one thing you are grateful to have that you sometimes take for granted?	**11** Who has been kind to you recently?	**12** What is one kind thing you did for someone else?
13 Who is a friend you are thankful for, and why?	**14** What is something someone taught you that you will always remember?	**15** How could you make someone feel special this week?
16 What is a happy moment from this year that you want to remember?	**17** What is something new you learned this year?	**18** What is something you are proud of accomplishing?
19 What is a funny family moment that still makes you laugh?	**20** What is one challenge you overcame that made you stronger?	**21** What is something in nature that you appreciate?
22 What is one thing you are looking forward to?	**23** What is a simple pleasure you never get tired of?	**24** What is something you love about yourself?
25 What is one opportunity you feel grateful for?	**26** What does Thanksgiving mean to you?	**27** What is one thing you would like to thank someone for?
28 If you could give one person a special thank-you message, who would it be?	**29** What is one thing you hope your family always remembers?	**30** What is your biggest reason to feel thankful this year?

Family tip: There are no wrong answers. Write, draw, or share your gratitude in your own way.