



**3-Day Gratitude Challenge for  
Families with Teenagers**



## **Day 1: Gratitude Gab**

You will need: a container to hold folded paper (a bowl, hat, etc), 11 index cards or small pieces of paper, something to write with.

Take one index card or piece of paper, and write down one item from the list below. Fold the card and place it into the container. Repeat this, so that you have 11 items placed in the container.

### **Items to write onto cards:**

- Describe something lucky that happened to you last year and how your life improved.
- Describe a cool experience from the year, what made it special, and why you are grateful for it.
- Describe a special favor you received, how it helped you, and why it made you feel good.
- Describe a special gift or talent you have, how you use it, and why you are grateful for it.
- Name someone you know who makes your life better and why.
- Think of something you used today that other people may take for granted.
- What do you appreciate the most about the person sitting next to you?
- Describe something you are particularly grateful for in your life and why.
- Describe something that you do often that makes you happy and why.
- Describe something that happened this past week that you are grateful for and why.
- Describe something you have done that you are particularly proud of and why.

Take turns, each member of the family pulling out one card from the container, reading it out loud and responding to the prompt.

The responses must contain more than 10 words. Feel free to encourage deeper responses if this leads to discussion.

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

### **Successes**

How did your family respond to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

### **Challenges**

Were there any difficulties with this exercise? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Is there anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 2!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

### **Day 2: Photo Finish**

You will need: each member of your family will need a camera. This can be from a mobile phone, a disposable camera, any camera will do. You will need to be able to view the images you capture.

Give each member a camera. Give each family member 30 minutes to take photos. The instruction is only to capture things that are beautiful.

Present your photos in any way that works for you (load them all into one computer, pass around your phones, etc.) and have each family member who took them share why they found it beautiful, and if they experienced anything interesting in the process of taking the photo.

In the space below, describe how you interpreted and carried out the exercise. Include as many details as you are able.

[SPACE TO ENTER TEXT]

### **Successes**

How did your family respond to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

### **Challenges**

Were there any difficulties with this exercise? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Is there anything else you'd like to share?

[SPACE TO ENTER TEXT]

When you are complete with notes, click "Save and Continue" link below. This will generate an email link so you can return tomorrow for Day 3!

[Buttons: PREV, NEXT, SAVE & CONTINUE LATER]

### **Day 3: Play the "What Would You Feel Without It" Game**

For this third and final challenge, it can be done any time during the day. The sillier the mood you are in probably the better. Ask each member of the family

how would they feel without various items (Here, you may want to start the list, which can be anything small and large, like running hot water, grocery stores, toilets, easily accessible school, warm habitat, lots of clothes, cars, computers, etc.) You will be surprised how different life would be without some of the things you consider “normal” to have. You may like to begin a discussion about how other people live without such items, if it is age appropriate, to help them remember to appreciate what is sometimes taken for granted in their life.

For the final question, ask how they might feel without the person to their left or right. Take a moment to celebrate and appreciate having a complete family together.

Once you have shared with one another, share with us below!

[SPACE TO ENTER TEXT]

### **Successes**

Did you perceive any difference in attitude or demeanor, or any positive way in which your family related to you or one another that struck you as related to this exercise? Were there any funny or endearing moments you'd like to share?

[SPACE TO ENTER TEXT]

### **Challenges**

Were there any difficulties with this exercise? Any disruptions, or other interference? We'd love to hear what you struggled with, and your thoughts on any causes, and how you adjusted (or perhaps didn't)?

[SPACE TO ENTER TEXT]

Any final notes you'd like to share?

[SPACE TO ENTER TEXT]

Congratulations! When you are complete with your answers, click "Submit" and accept your Certificate of Completion to proudly share with your family!

[Buttons: PREV, SUBMIT, SAVE & CONTINUE LATER]