



3-Day Gratitude Challenge for Families with Toddlers



Day 1: The #10 Gratitude Challenge

You will need: 10 rewards of your choosing (stickers, hugs, a tickle, 5 minutes of a favorite game together, a dance party or a favorite joke, etc.), a piece of paper (to create a scoreboard), something to write with, ruler. Each toddler gets his or her own scoreboard. If you don't have stickers, colored markers can also work perfectly.

On the piece of paper, use the ruler to make a grid of 10 squares. This can be done by marking one vertical line down the middle, and 4 evenly spaced horizontal lines across. You want to create a "scoreboard."

Every time your toddler thanks someone she or he gets to mark a square in the scoreboard and receive a reward.

You can stay within your home (thanking Daddy for doing the dishes), or you can take the scoreboard and stickers and leave the home, too! You can thank strangers for holding the door open or the waitress for bringing the drinks.

If 10 is too easy a number to reach, consider creating a scorecard with a higher number to begin!

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: Thank You Potato

You will need: a ball that you can roll and toss. You can also turn this into a craft project and decorate a ball with fun art supplies.

This is a fun take on "Hot Potato" and is great for families of all ages. Sit in a circle on the floor. Roll the ball to another member of your family. As you do, say out loud one thing you are thankful for.

As you get used to this, you can make the circle bigger, speed up the pace of the game, and you can toss the ball (This works on hand-eye coordination, as well!).

For slightly older children, you can include a memory component to this game. Have each person repeat the last person's item before stating what they are thankful for themselves.

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

Congratulations! You made it to Day 3. 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. Have everyone in your family sit in the same room. One at a time, have each person leave the room (like hide and seek). Ask each member of the family to name one thing that they miss about the person out of the room. What about them are you grateful for? What is your favorite thing you love about the person? When each family member has said one thing, call the person back into the room and have everyone state what they said to her or him. See if this creates a sense of gratitude within your family.

Take a moment to celebrate and appreciate having a complete family together (pets included). Family hugs work great here.

Once you have shared with one another, share your experience 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]

When you are complete with your answers, click "Submit" and accept your Certificate of Completion!

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