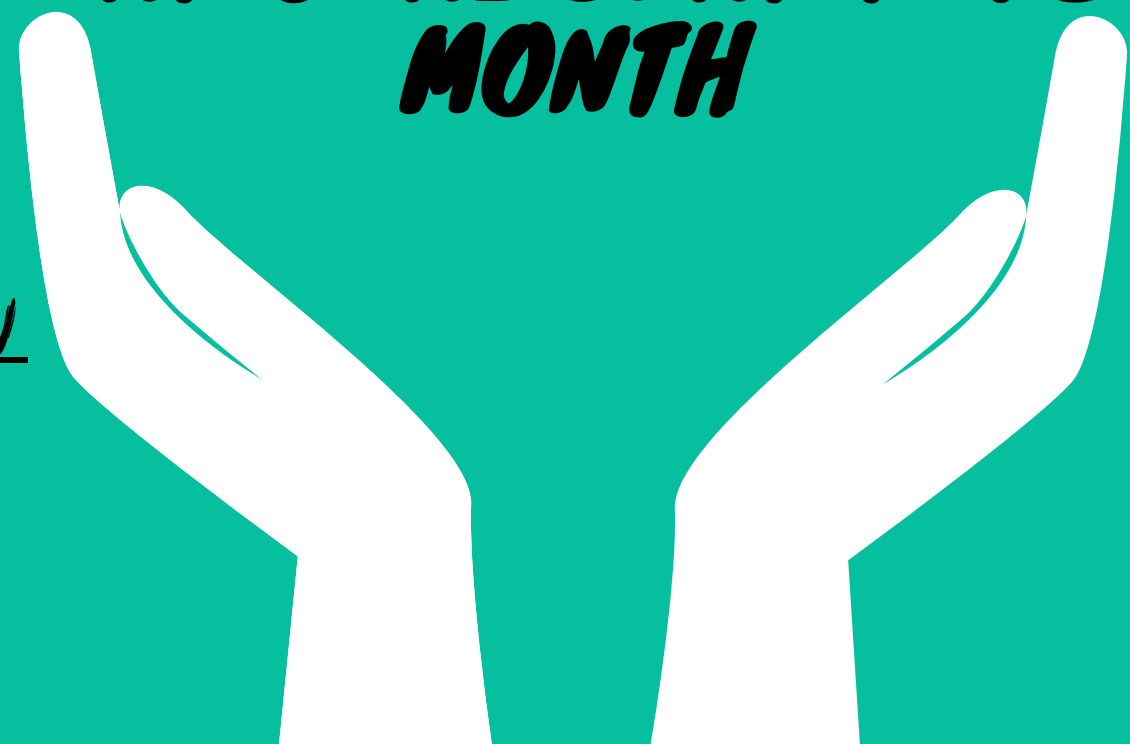




NATIONAL GRATITUDE MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
	1 <u>Create a gratitude jar. Try to add one note each day.</u>	2 <u>Complete a puzzle with something you're grateful for.</u>	3 <u>Practice gratitude for your body with yoga.</u>	4 <u>Go for a 30min walk. Reflect on what you experienced using your five senses.</u>	5 <u>Make homemade silly putty. Think about the texture/how it feels.</u>	6 <u>Complete 5 word searches about gratitude.</u>
7 <u>Write a thank you to someone who inspired you</u>	8 <u>Color with a relaxing video in the background.</u>	9 <u>Bake warm treats to share with a family or friend</u>	10 <u>Name something you're grateful for using each letter of the alphabet</u>	11 <u>Assemble a gratitude collage to display in your home.</u>	12 <u>Use 10 conversation starters at family dinner.</u>	13 <u>Visit the Durham for free through the 13th.</u>
14 <u>Write a thank-you note for an NME team member.</u>	15 <u>Write a letter to yourself or a family member</u>	16 <u>Write and decorate 10 self-love affirmations.</u>	17 <u>Complete 10 journaling prompts about gratitude</u>	18 <u>Research essential oils. Try one out for the week.</u>	19 <u>Photograph at list 20 things you are grateful for.</u>	20 <u>Discuss 15 prompts about gratitude</u>
21 <u>Research historical figures and express gratitude for the things they accomplished.</u>	22 <u>Complete 10 Random Acts of Kindness</u>	23 <u>Create a puzzle using gratitude topics.</u>	24 <u>Watch a video about gratitude and discuss as a family.</u>	25 <u>Read an issue of Ag Today to learn more about how food gets to our table.</u>	26 <u>Create a mini-gratitude book. Give it to a loved one.</u>	27 <u>Find a podcast episode about gratitude; listen and discuss it.</u>
28 <u>Complete 5 crossword puzzles that contain a word about gratitude.</u>	29 <u>Call a loved one and tell them 10 things you love about them.</u>	30 <u>Work together to make the longest paper chain using one piece of paper.</u>				

SPECIAL CHALLENGE OF THE MONTH: NAME THREE, NEW THINGS YOU ARE GRATEFUL FOR EACH DAY

