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## **I'M THANKFUL FOR THE FOOD WE HAVE.**

Talk about: What's your favorite home-cooked meal? Ask and see if you can make it soon!

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## **I'M THANKFUL FOR OUR FAMILY.**

Talk about: What's one of your favorite memories of your family? Be sure to share your love today!

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## **I'M THANKFUL FOR OUR HOME.**

Talk about: How long have you lived in your home? What's your favorite room? Spend time there.

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## **I'M THANKFUL FOR PLAY.**

Talk about: What's the best board game you've played? Bring it out on a free evening this week.

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## **I'M THANKFUL FOR TECHNOLOGY.**

Talk about: What would life be like without computers?

Email a faraway friend today to let them know you're thinking of them.

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## **I'M THANKFUL FOR BOOKS.**

Talk about: The best book you've read? If a book were written about you, what would the title be?

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## **I'M THANKFUL FOR TOYS.**

Talk about: What toy means the most to you? What toy could you give to someone in need?

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## **I'M THANKFUL FOR SPORTS AND EXERCISE.**

Talk about: What's your favorite way to get exercise? Do it today and be grateful for your health.

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## **I'M THANKFUL FOR MY SENSES.**

Talk about: If you had to give up one of your five sense, what would you choose? Do one activity today that uses that sense and be grateful you don't have to give it up!

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## **I'M THANKFUL FOR HUGS.**

Talk about: When is your favorite time to receive a hug? Hug a family member extra long today.

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## **I'M THANKFUL FOR TRANSPORTATION.**

Talk about: Where would you drive to if you could? Enjoy a scenic trip this week.

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## **I'M THANKFUL FOR OUR FRIENDS.**

Talk about: What makes friends different from family? Send a special message to a friend today.

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## **I'M THANKFUL FOR GRANDPARENTS.**

Talk about: What's a favorite memory with your grandparents? Reach out and call them today.

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## **I'M THANKFUL FOR THE HOLIDAYS.**

Talk about: What's the most festive holiday?

Plan as a family something you might do for others on that holiday.

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## **I'M THANKFUL FOR BIRTHDAYS.**

Talk about: Remember the most enjoyable birthday you've had.

Retell the meaningful moments to someone who's in need of some extra joy.

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## **I'M THANKFUL FOR MOVIES.**

Talk about: If you could be in any movie, what would you choose? Learn more about someone you don't know well by asking them what their favorite movie is.

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## **I'M THANKFUL FOR MUSIC.**

Talk about: What music always puts a smile on your face? Have a dance party today.

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## **I'M THANKFUL FOR COUSINS.**

Talk about: When was the last time you were together? Send a note to wish a cousin well.

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## **I'M THANKFUL FOR OUR NEIGHBORS.**

Talk about: What makes your neighborhood special? Make something for a neighbor and deliver it today.

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## **I'M THANKFUL FOR DAYS OFF.**

Talk about: Remember your favorite vacation? Write about it in a journal today.

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## **I'M THANKFUL FOR NATURE.**

Talk about: What do you enjoy most about this season in nature? Take a photo of it to keep inside.

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## **I'M THANKFUL FOR TREATS.**

Talk about: What's the treat that would make your day?  
Can you make someone else's day by sharing it?

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## **I'M THANKFUL FOR THE FUTURE.**

Talk about: What are you looking forward to? Spend time today in gratitude for it.

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## **I'M THANKFUL FOR THE HOLIDAYS.**

Talk about: What's the most festive holiday?  
Plan as a family something you might do for others on that holiday.

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## **I'M THANKFUL FOR MY BROTHER(S) AND/OR SISTER(S).**

Talk about: Share a favorite moment of your time together and plan an afternoon activity that you can do together some time soon.

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## **I'M THANKFUL FOR ME.**

Talk about: What's one of the things you love about yourself? Write it on a post it and put it where you can see it tomorrow morning.

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## **I'M THANKFUL FOR BEAUTY.**

Talk about: What reminds you of beauty? How can you add this to your family's life?

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