

30 DAY KIDS GRATITUDE CHALLENGE



CONNIE ALBERS

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30 DAY GRATITUDE CHALLENGE

FILL IN A CIRCLE FOR EACH DAY THAT YOU COMPLETE THE JOURNAL.

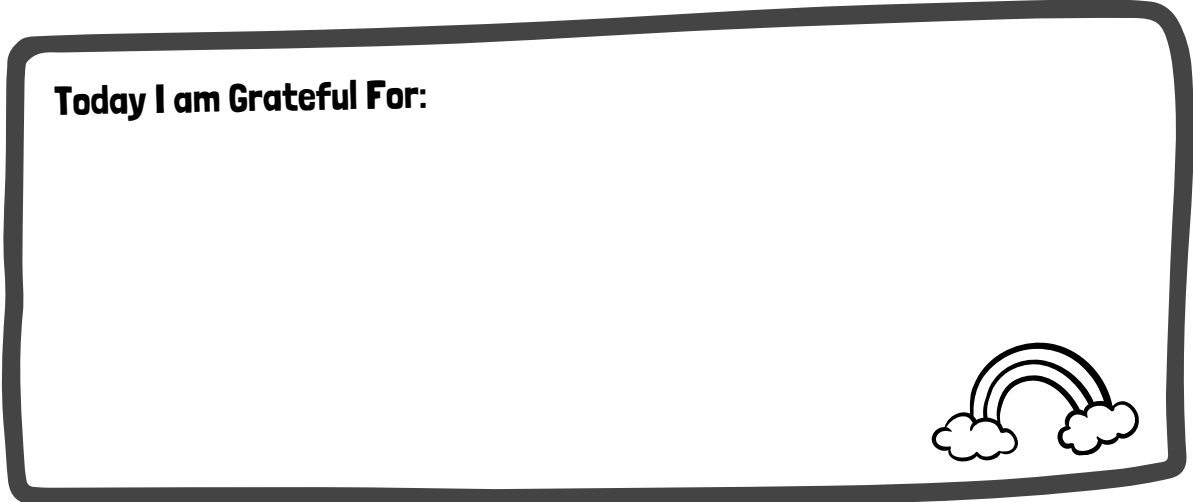
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

GRATITUDE JOURNAL

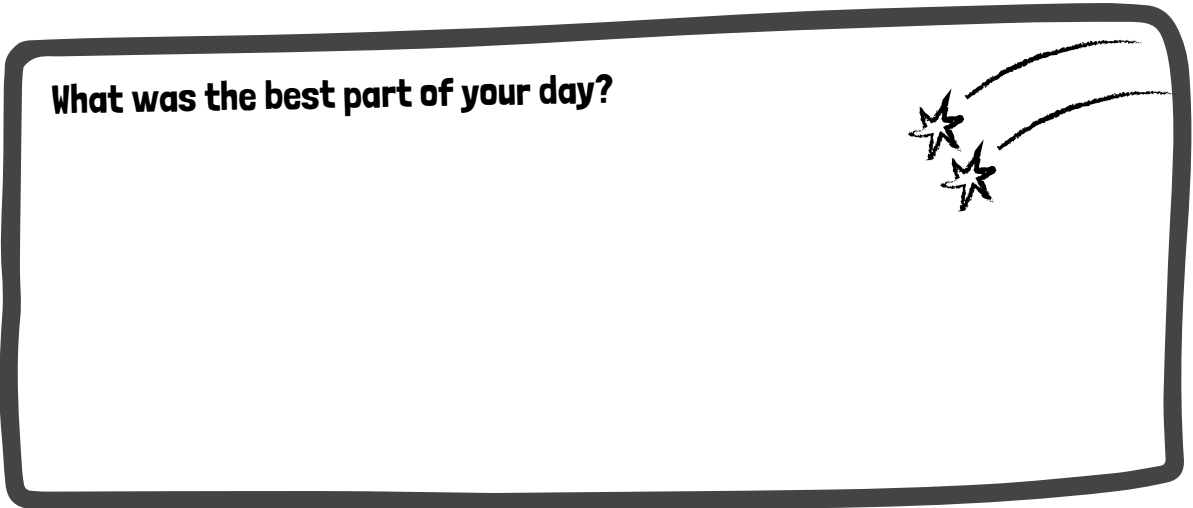
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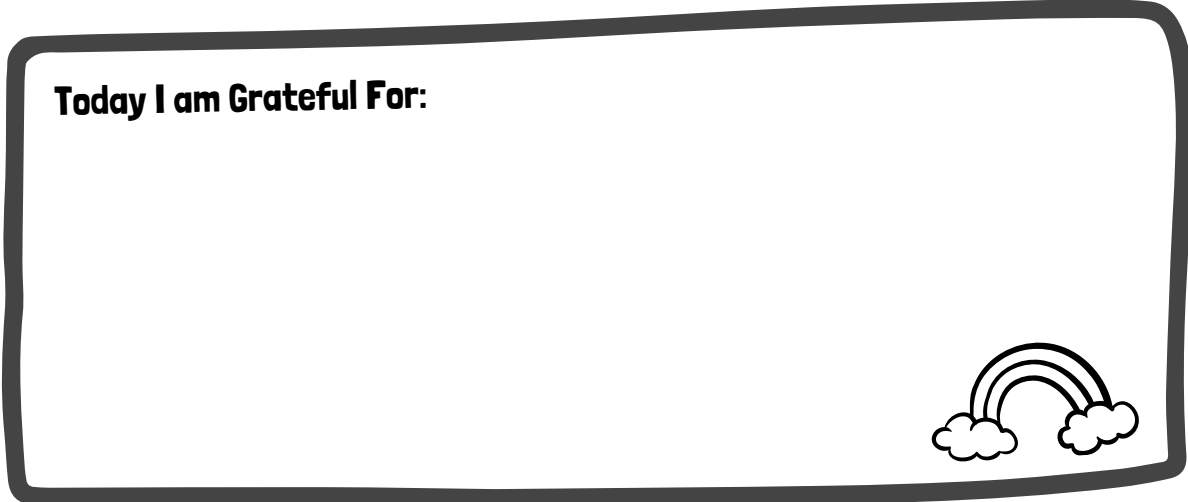


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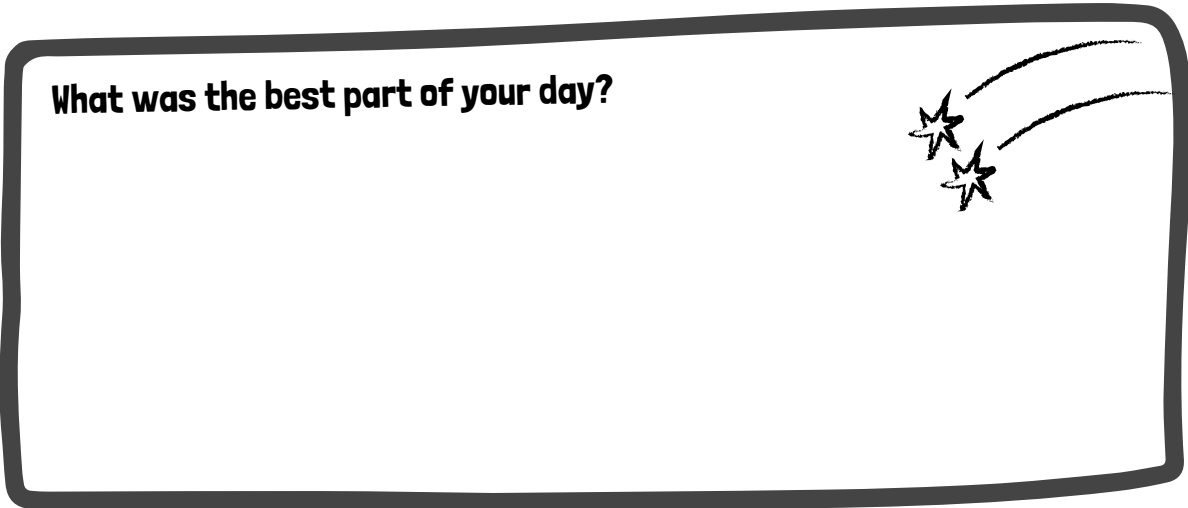
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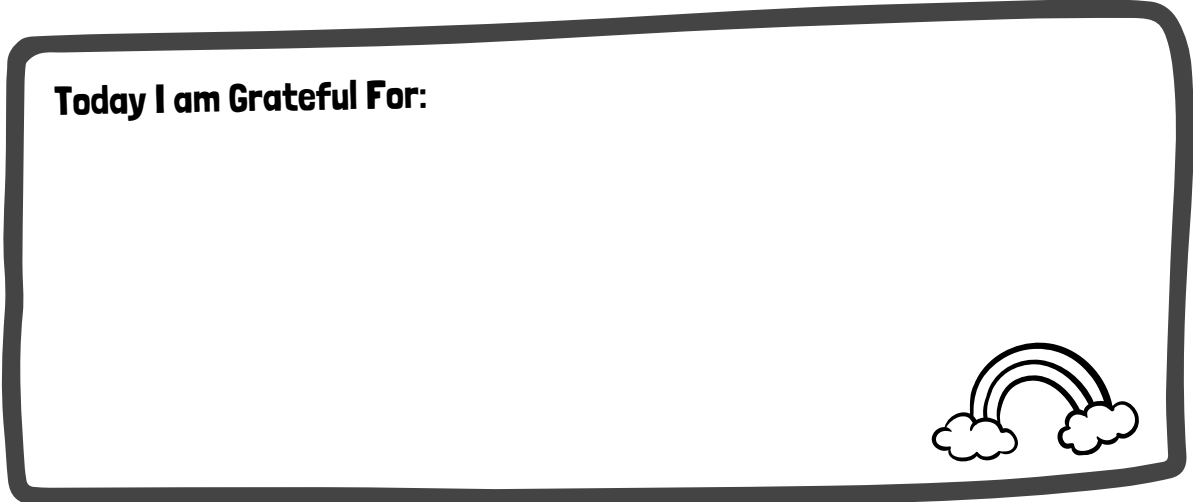


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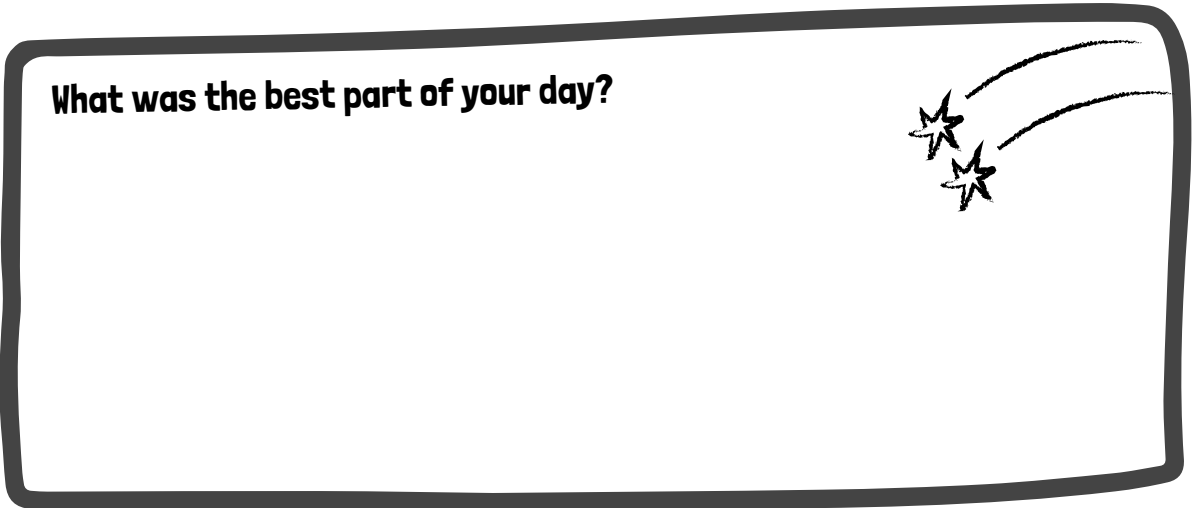
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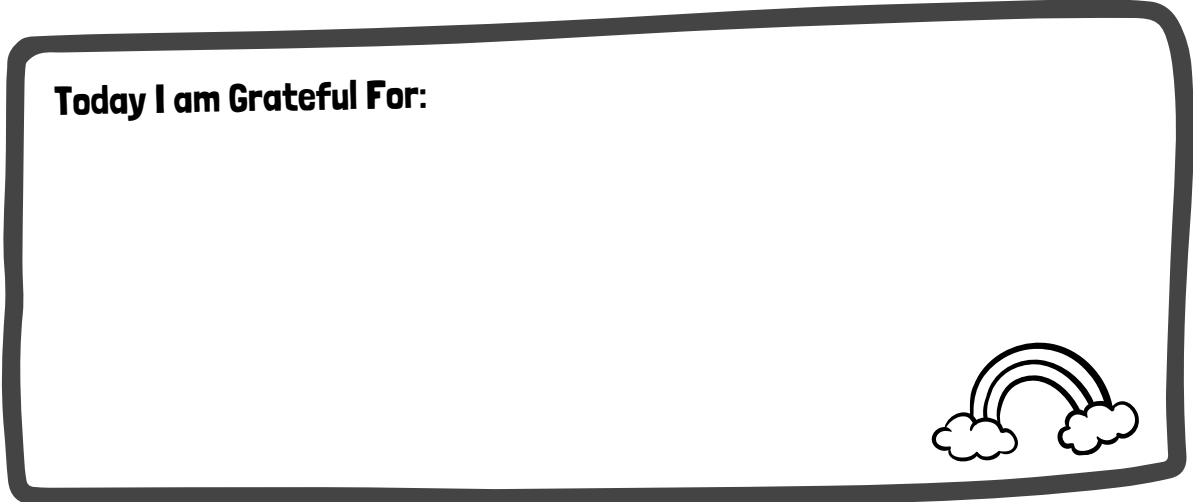


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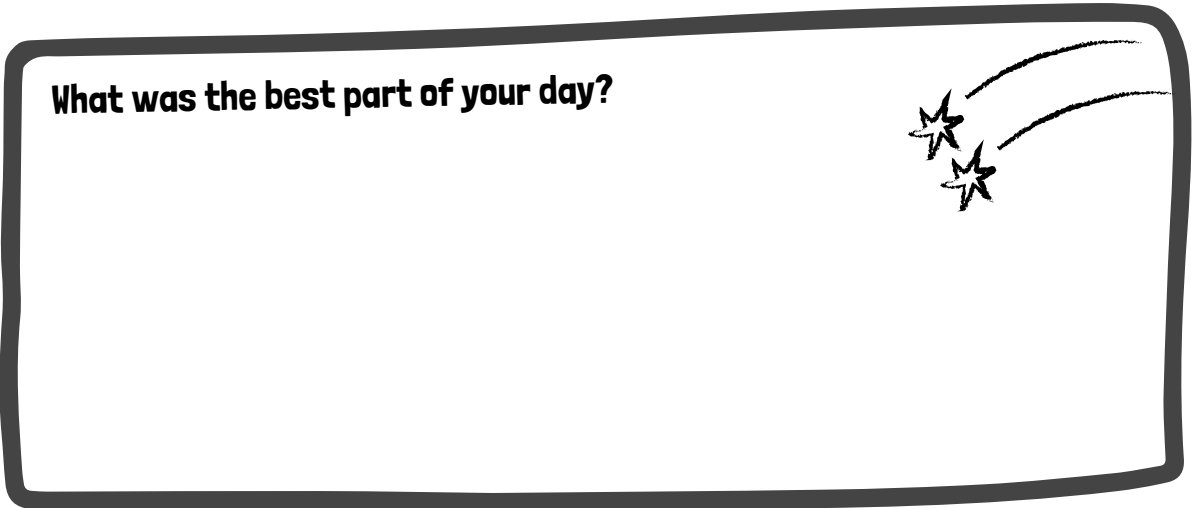
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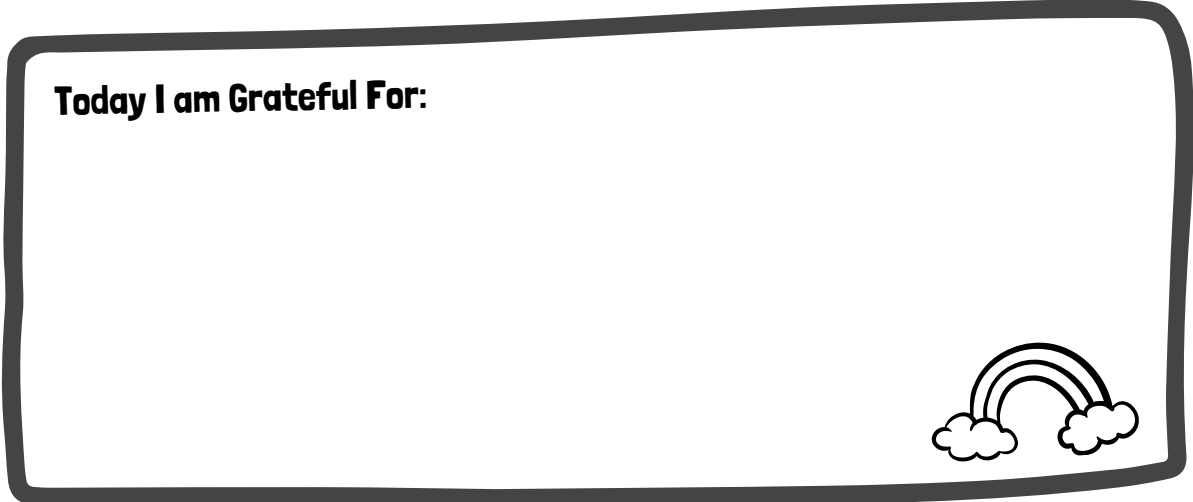


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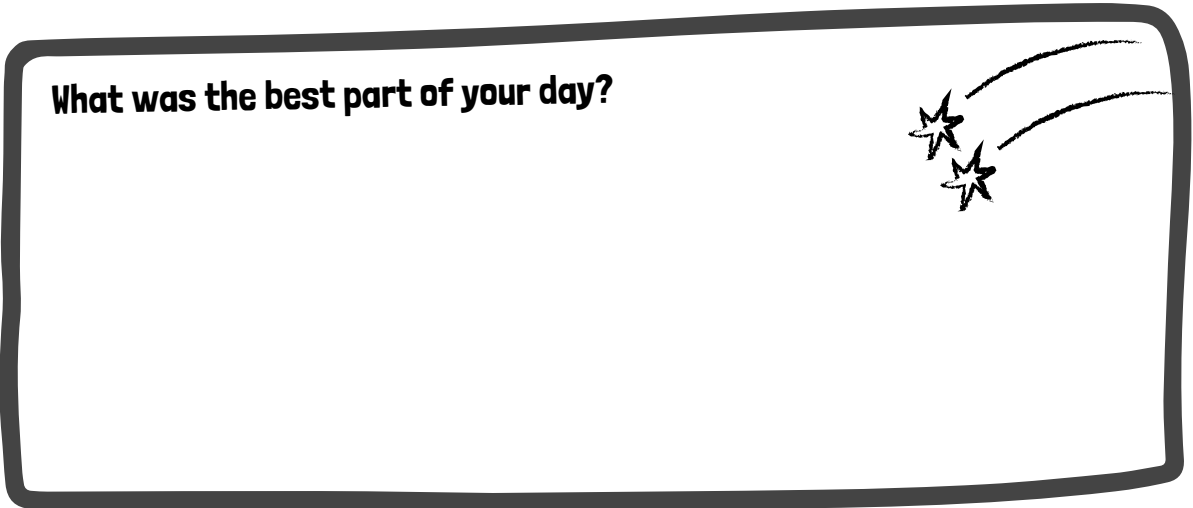
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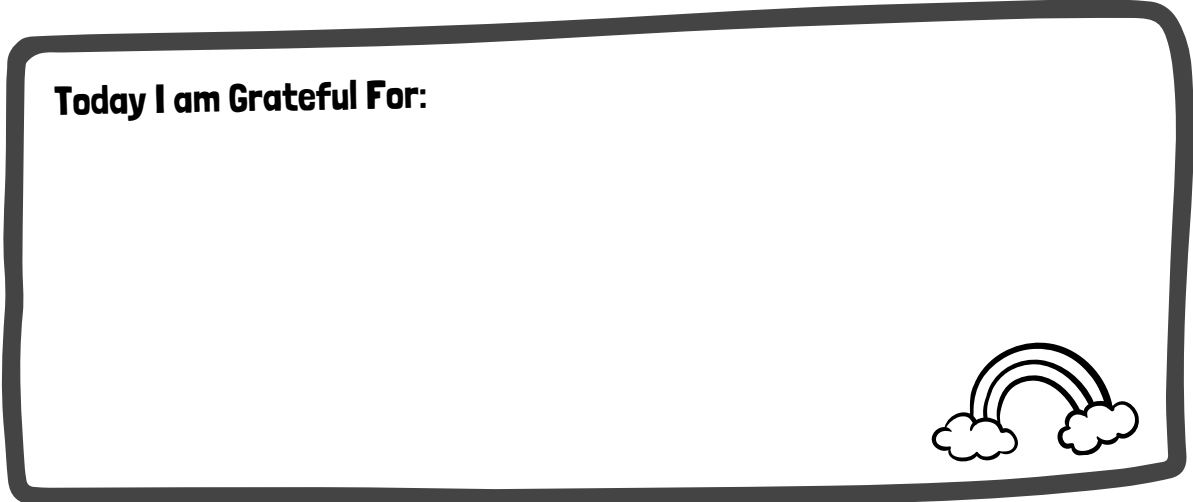


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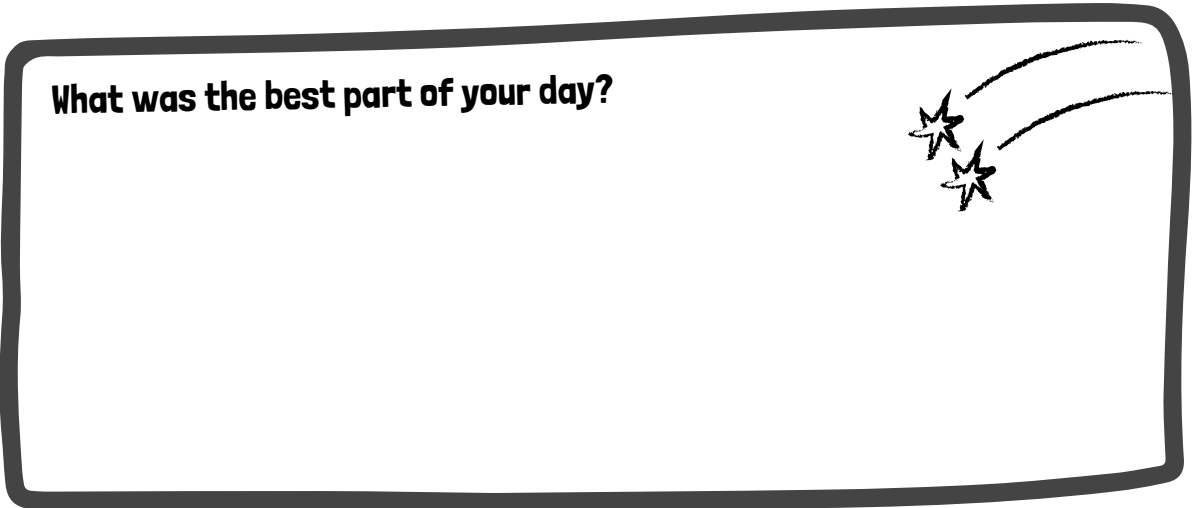
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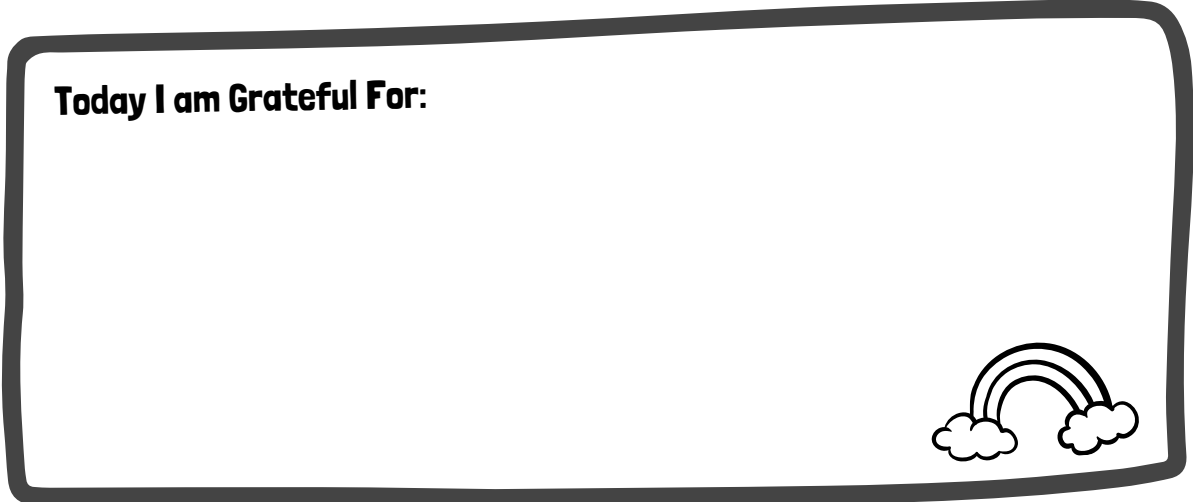


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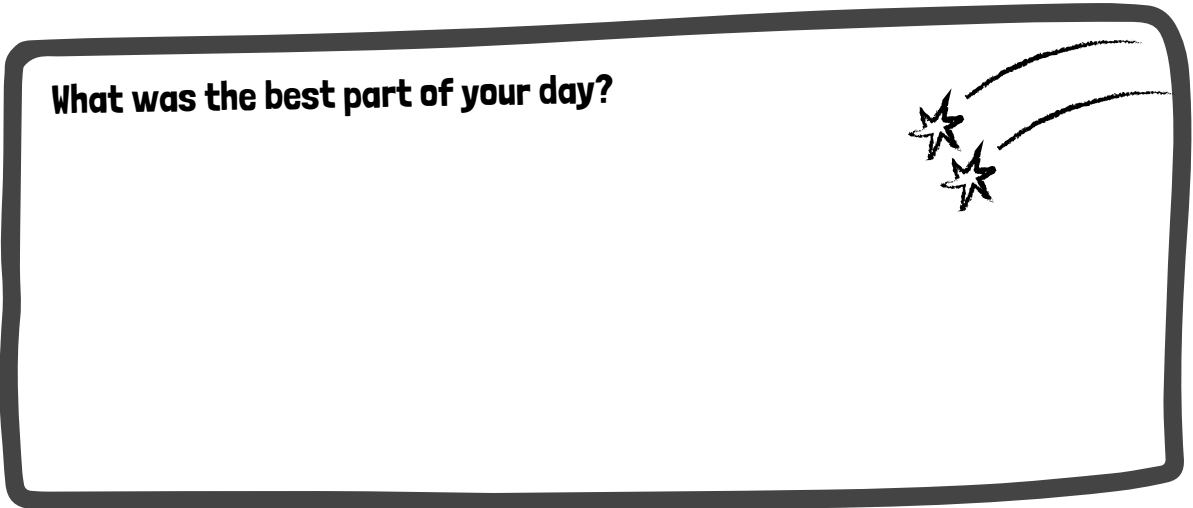
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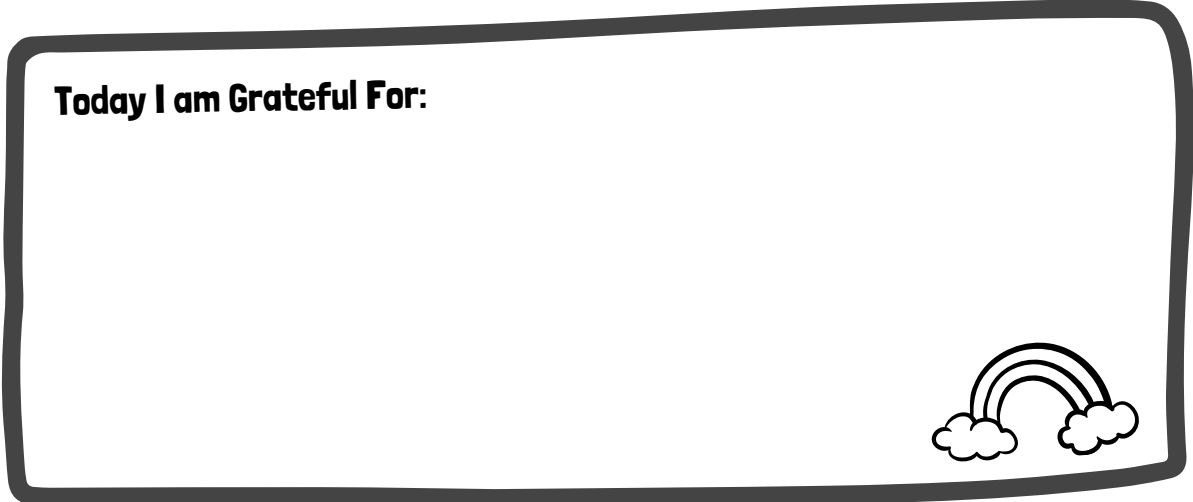


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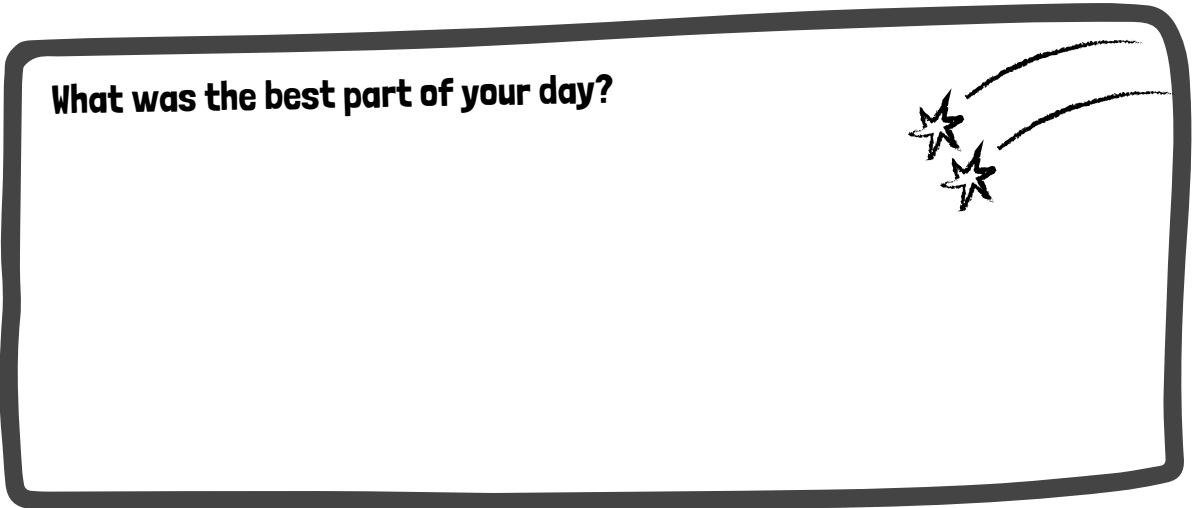
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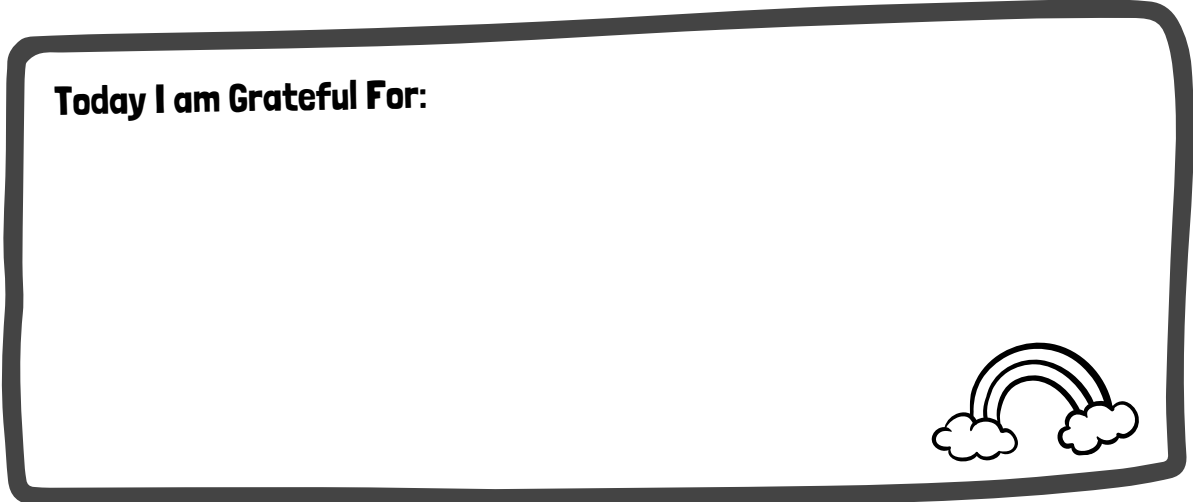


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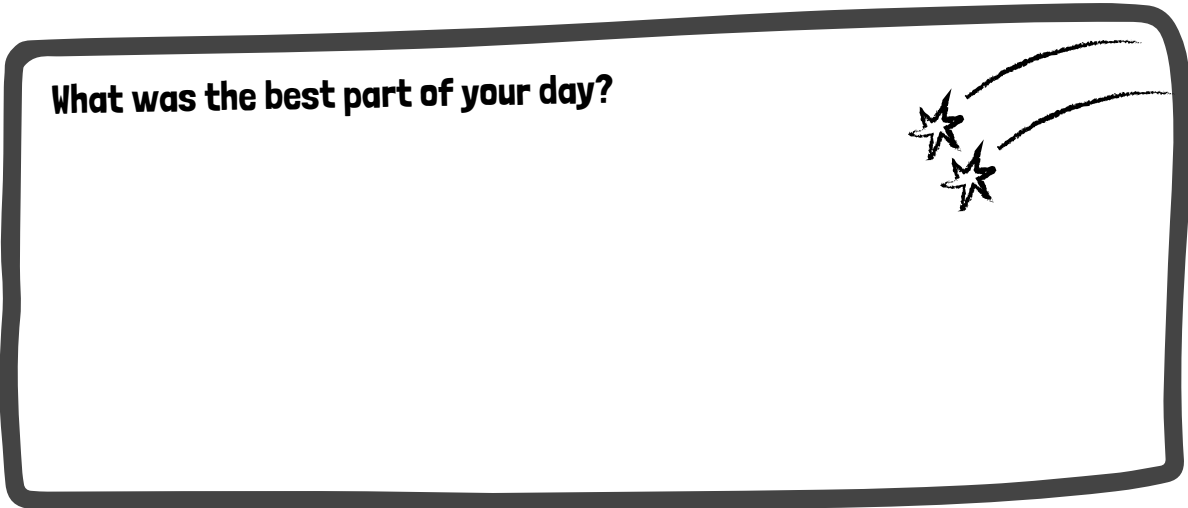
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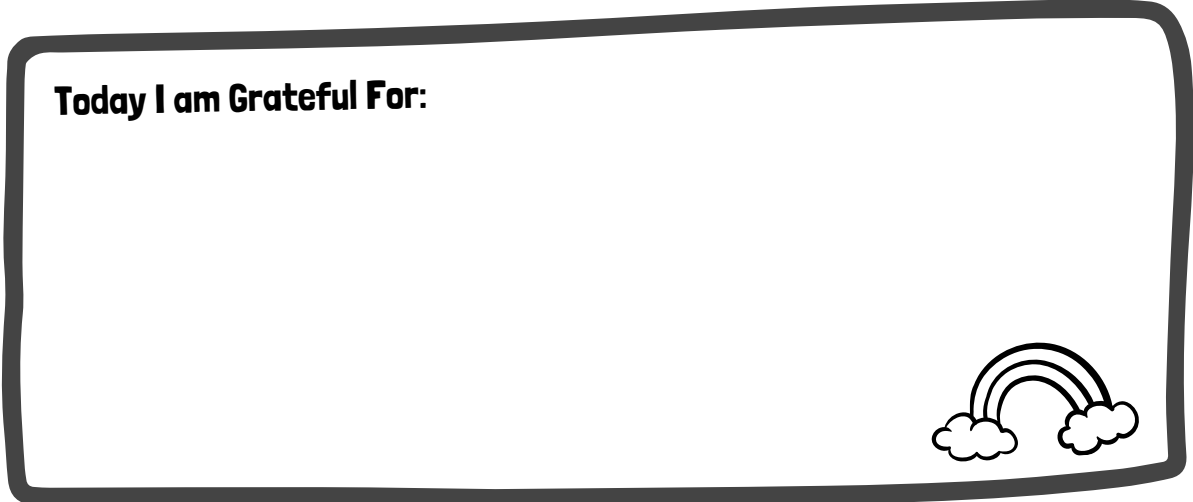


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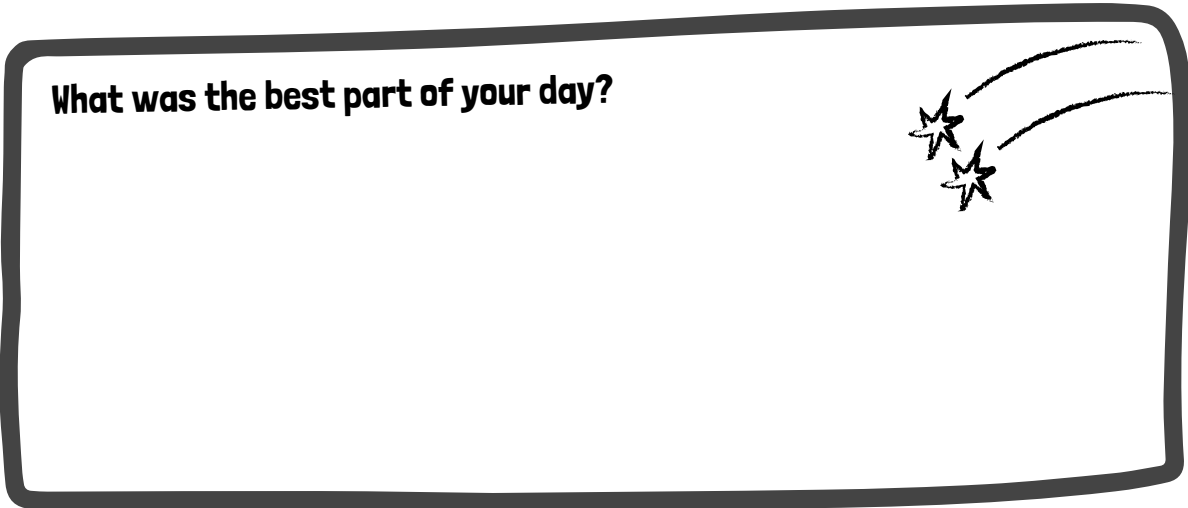
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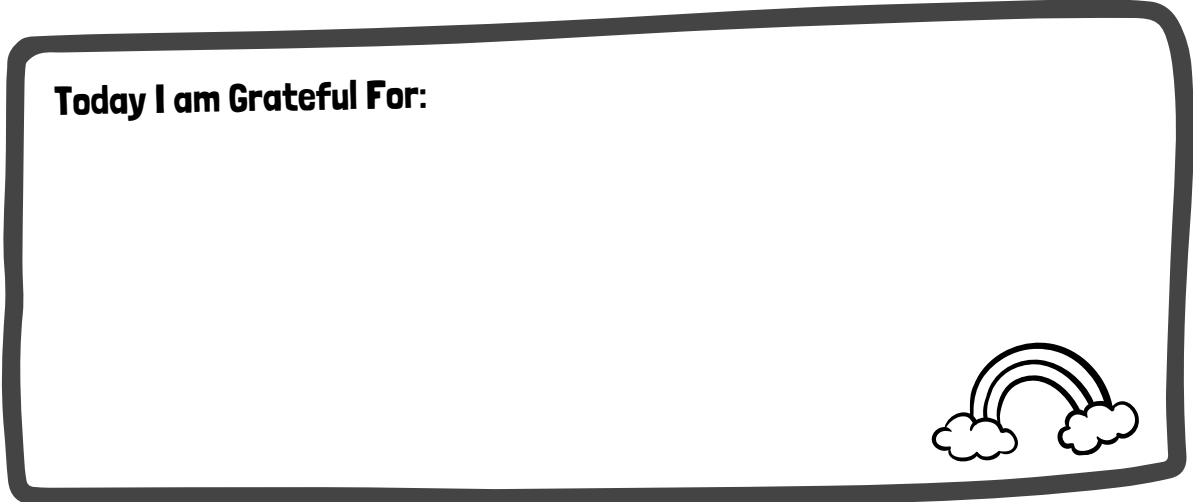


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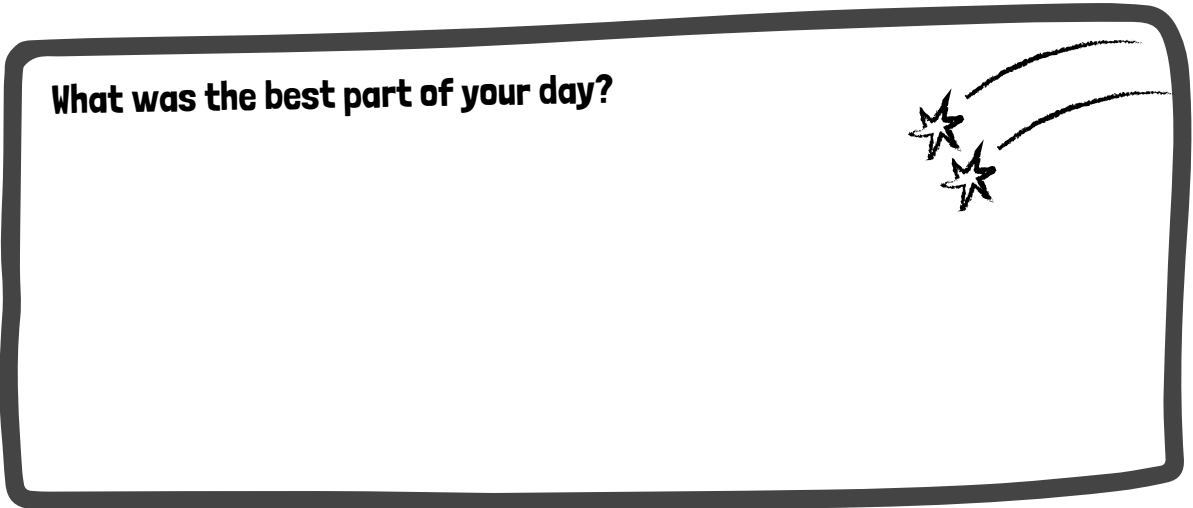
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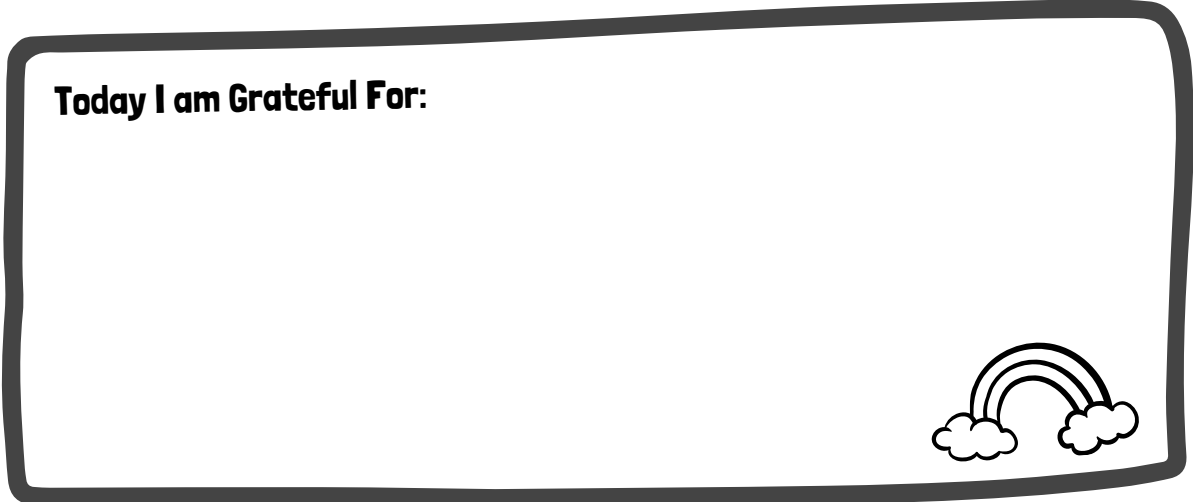


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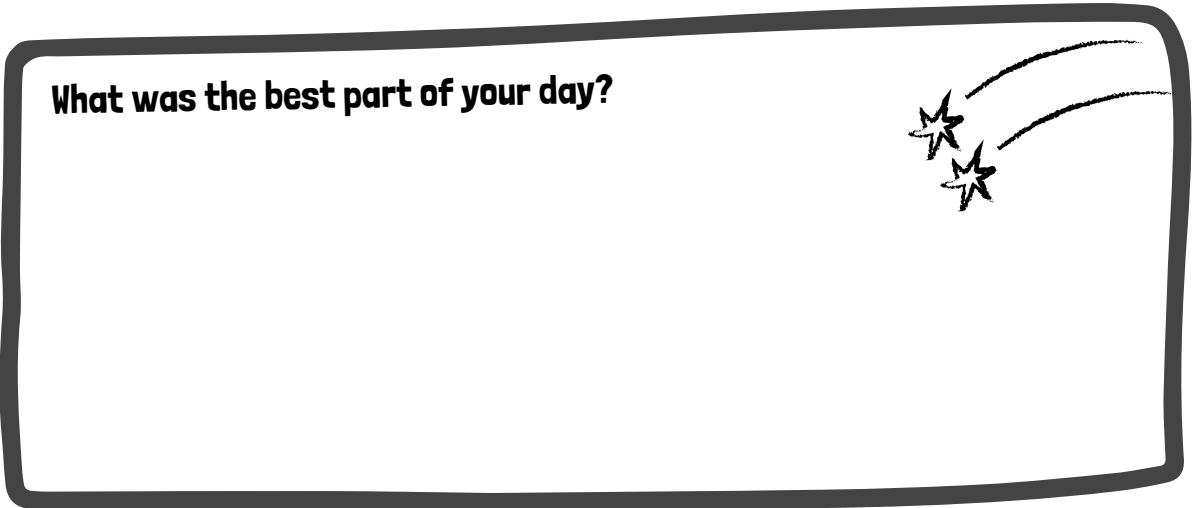
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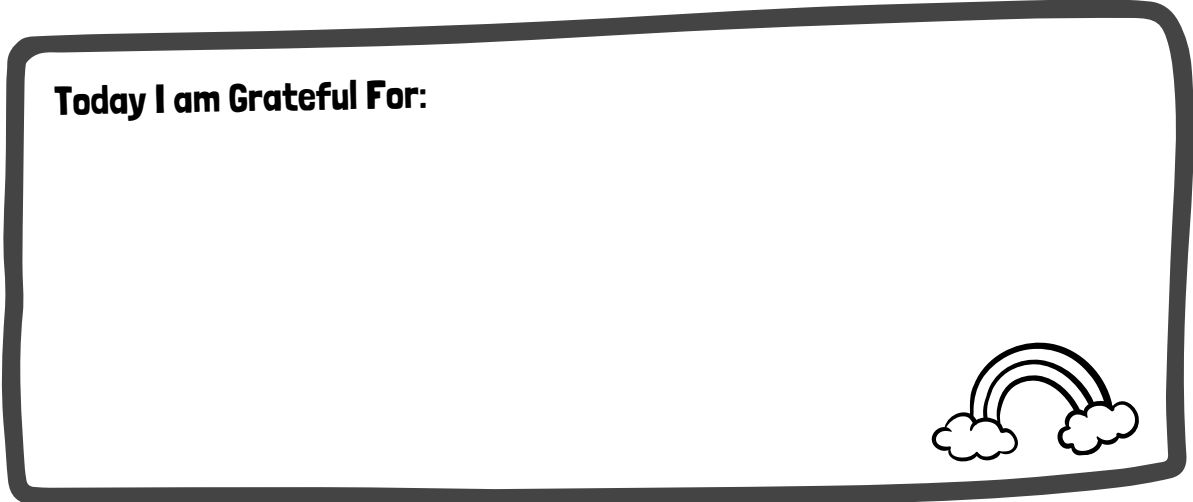


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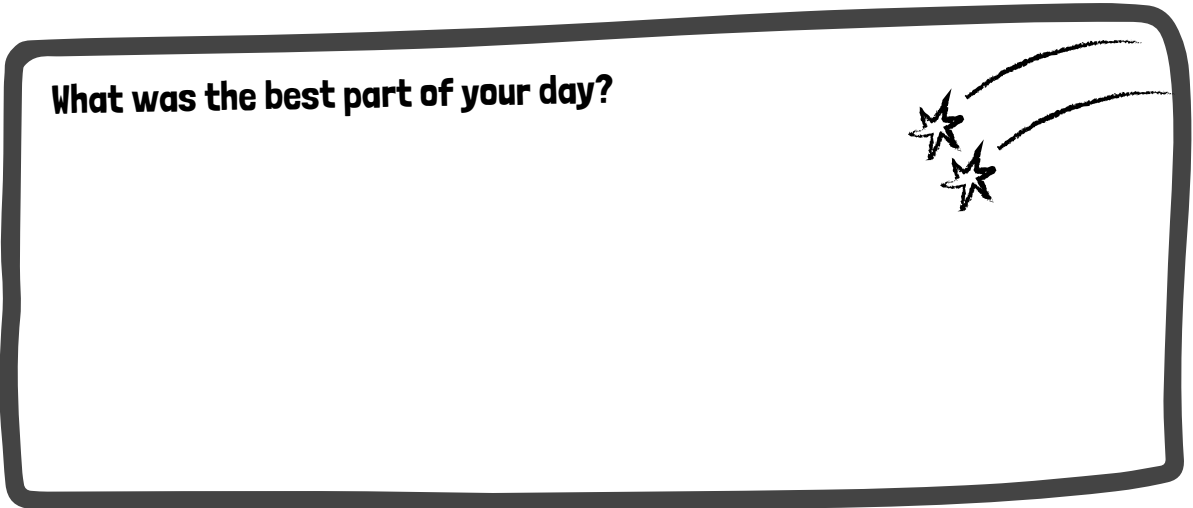
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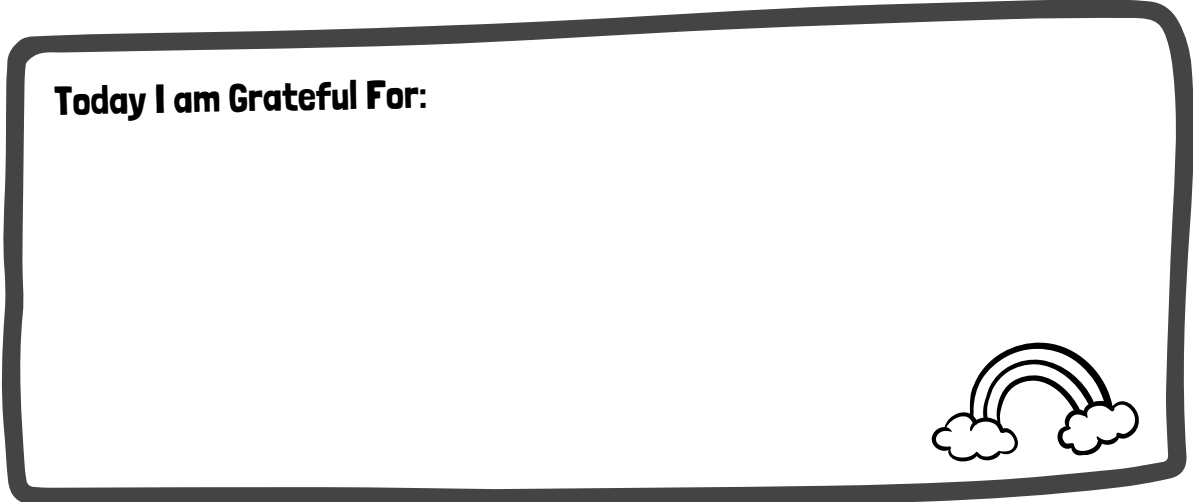


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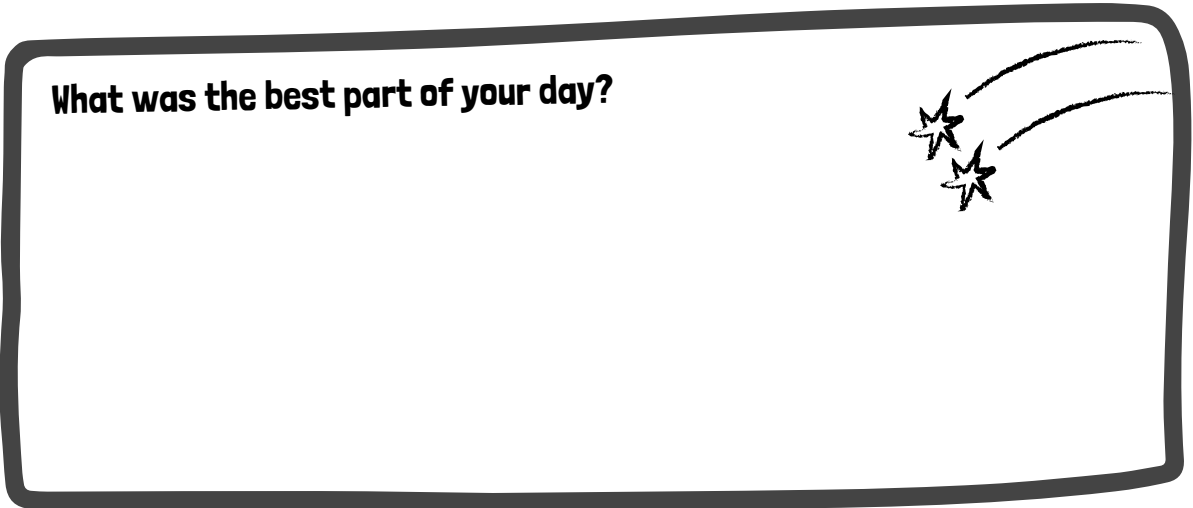
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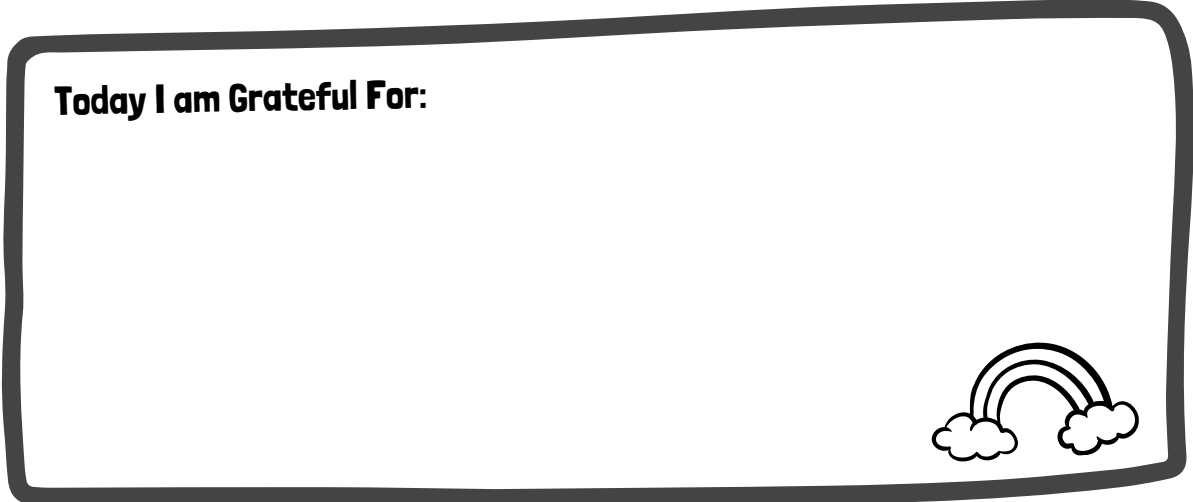


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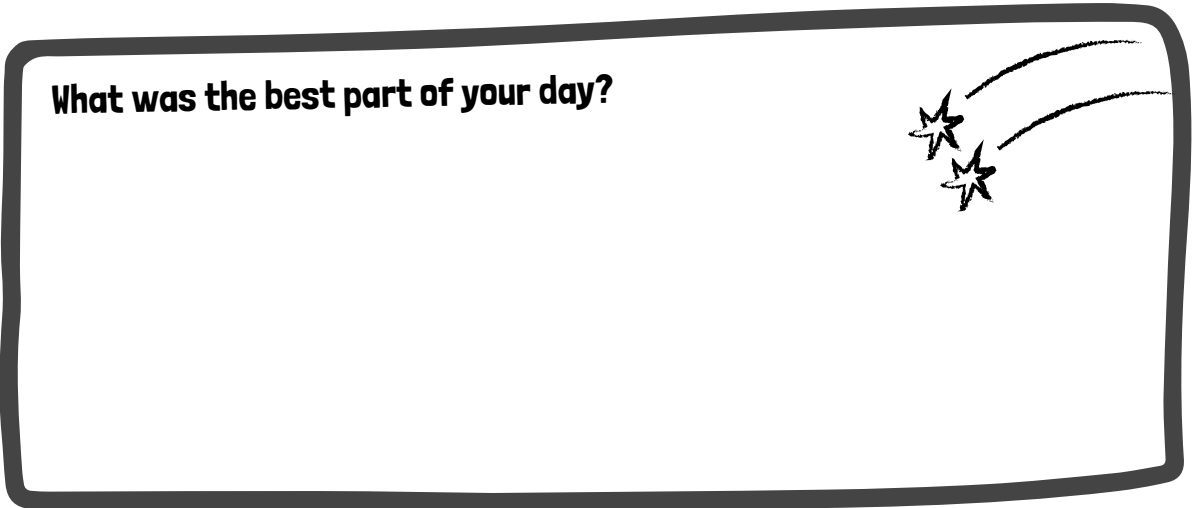
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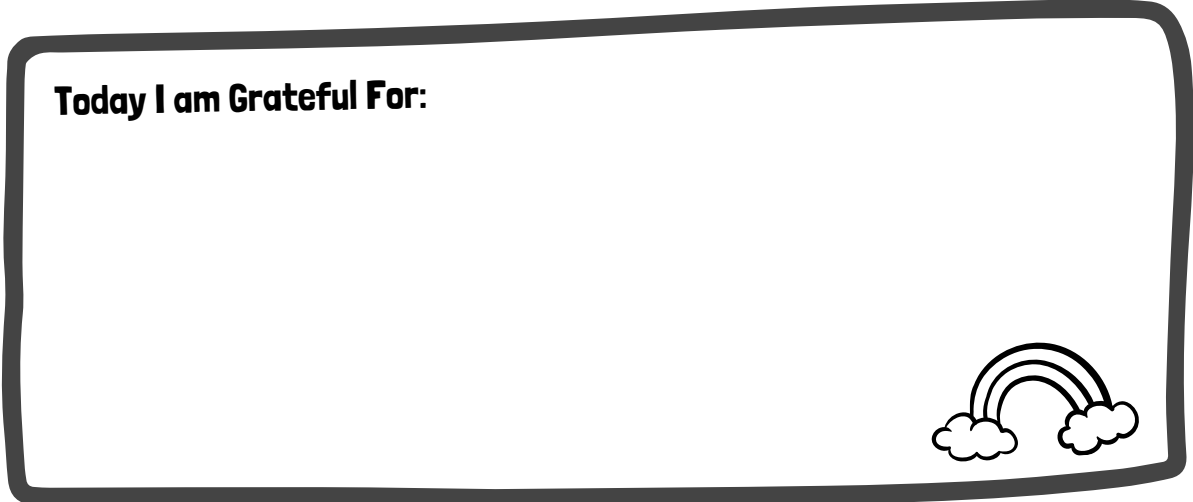


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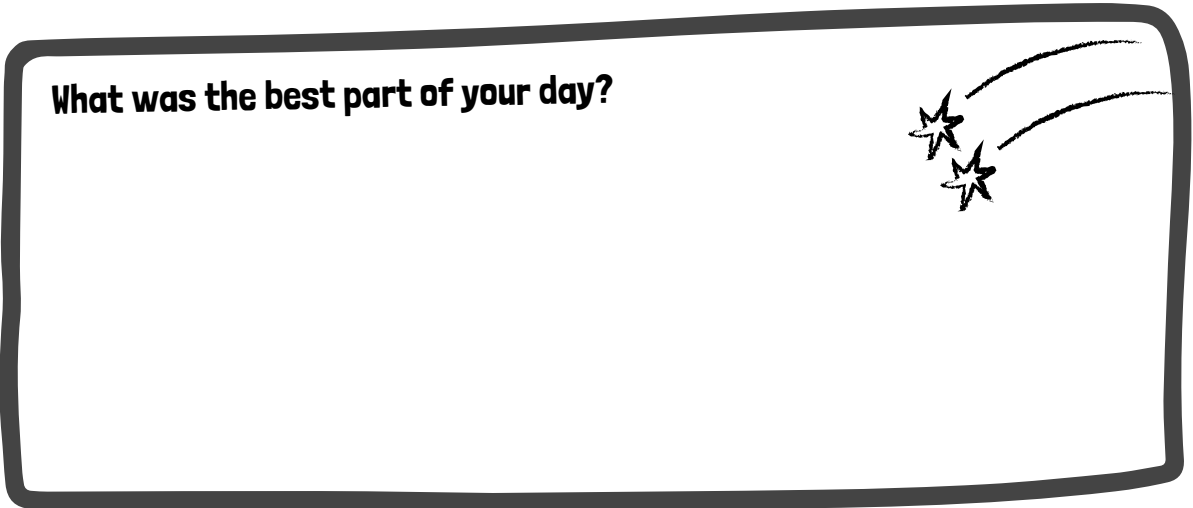
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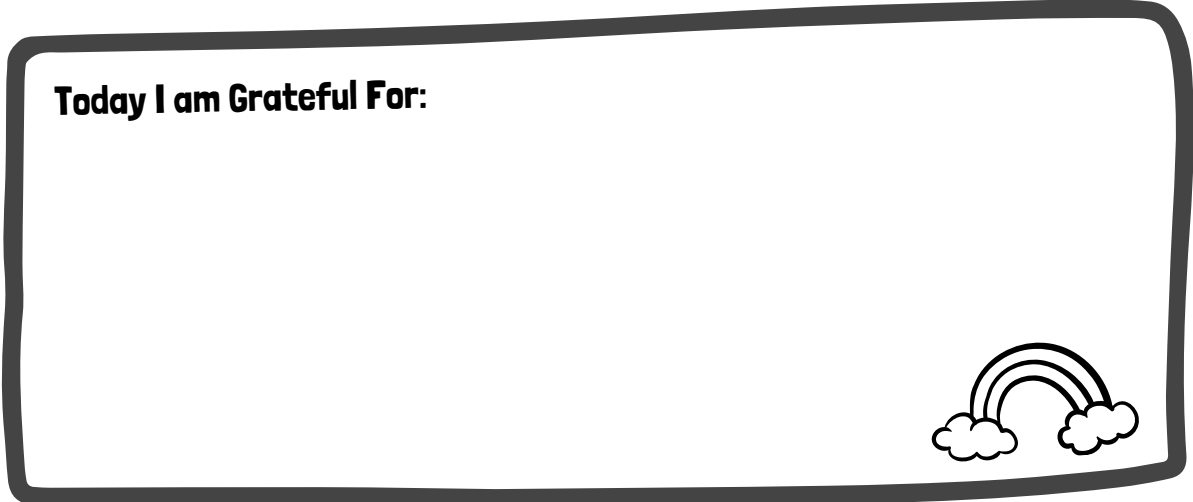


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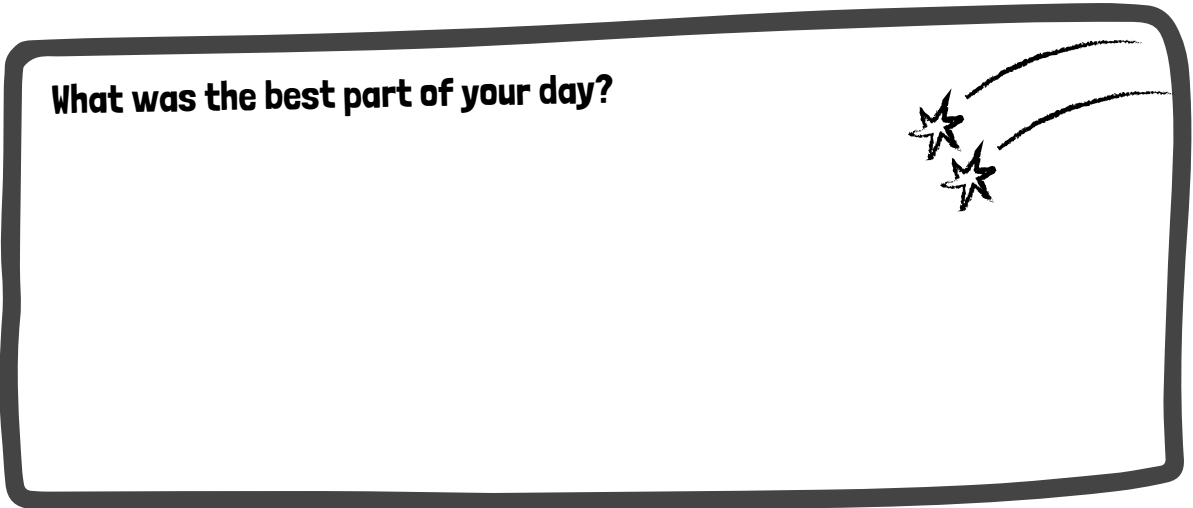
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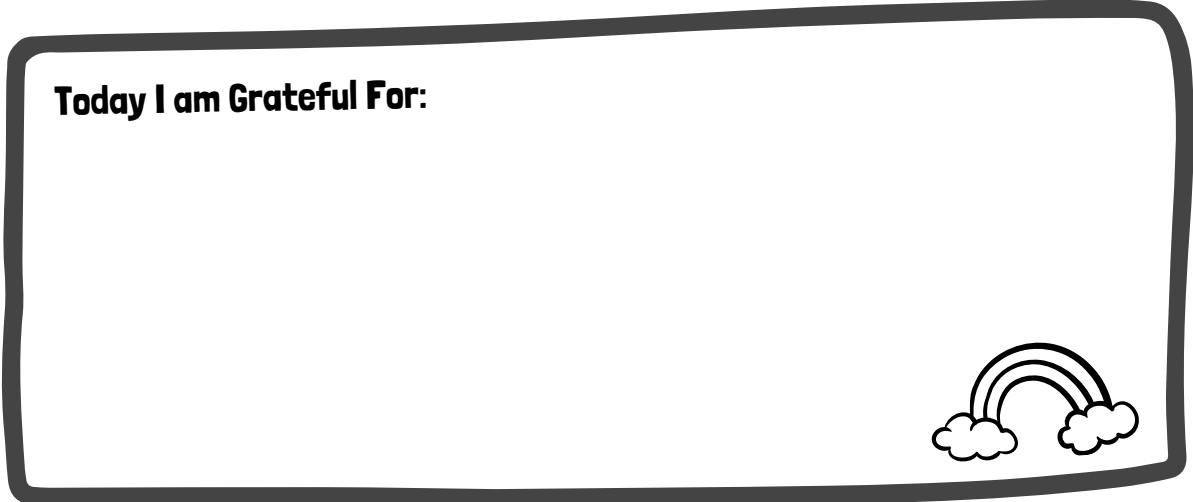


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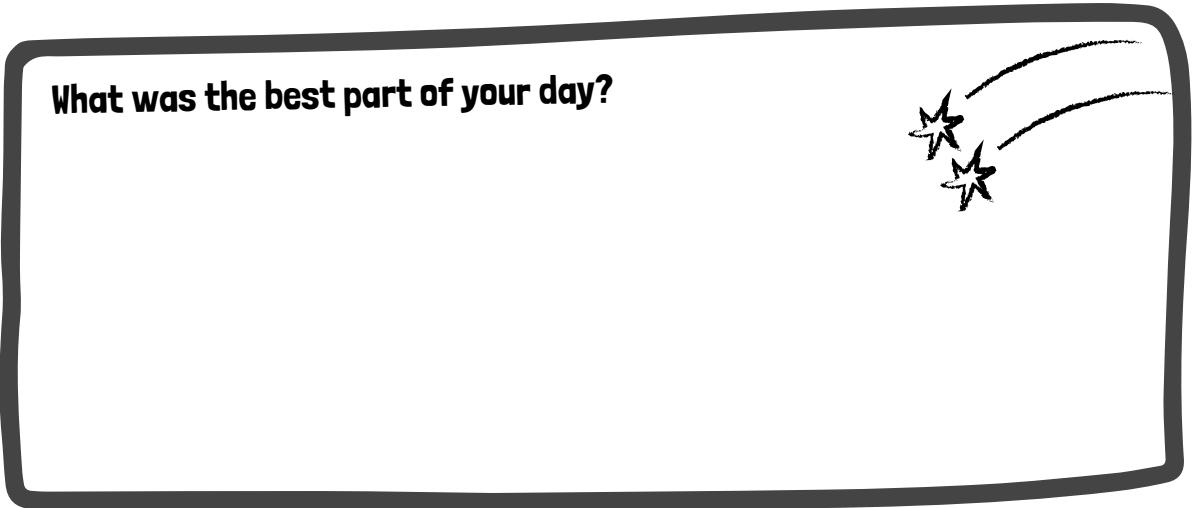
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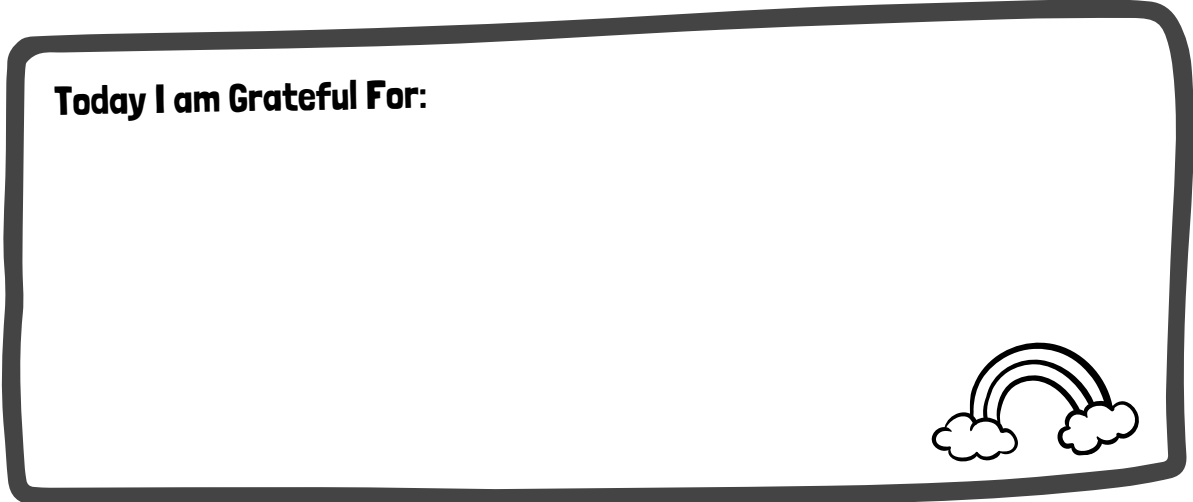


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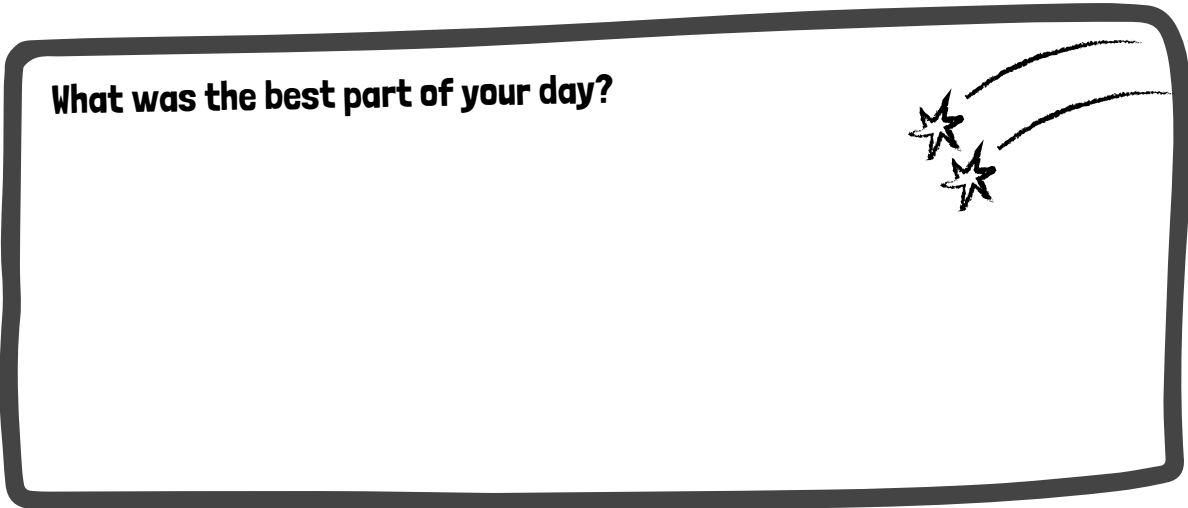
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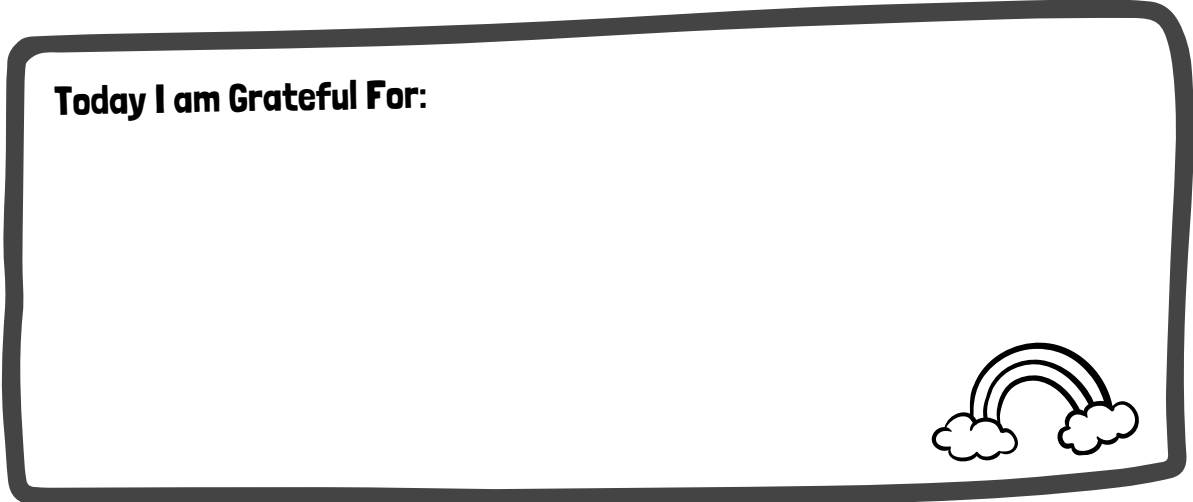


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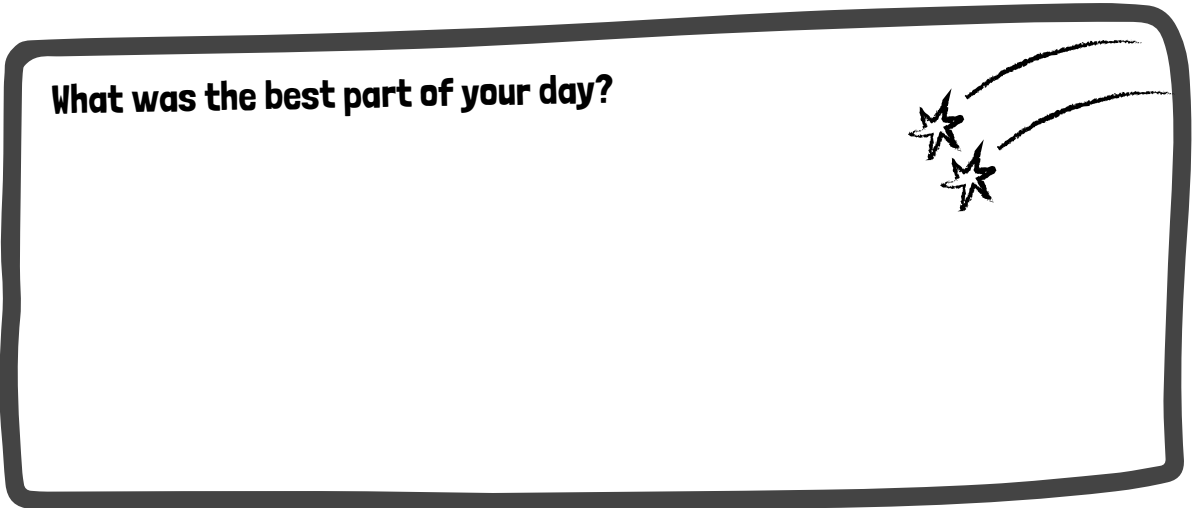
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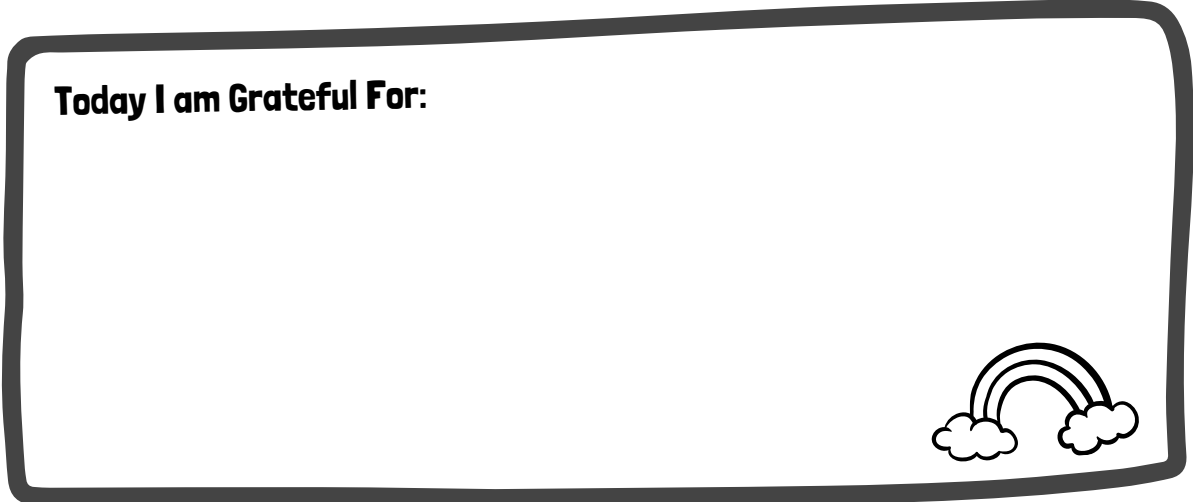


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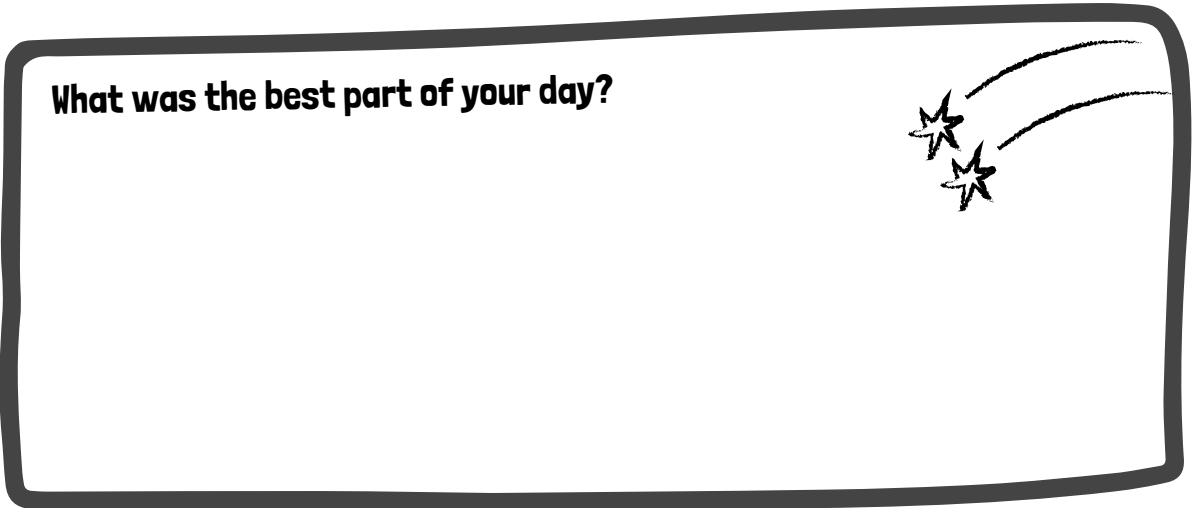
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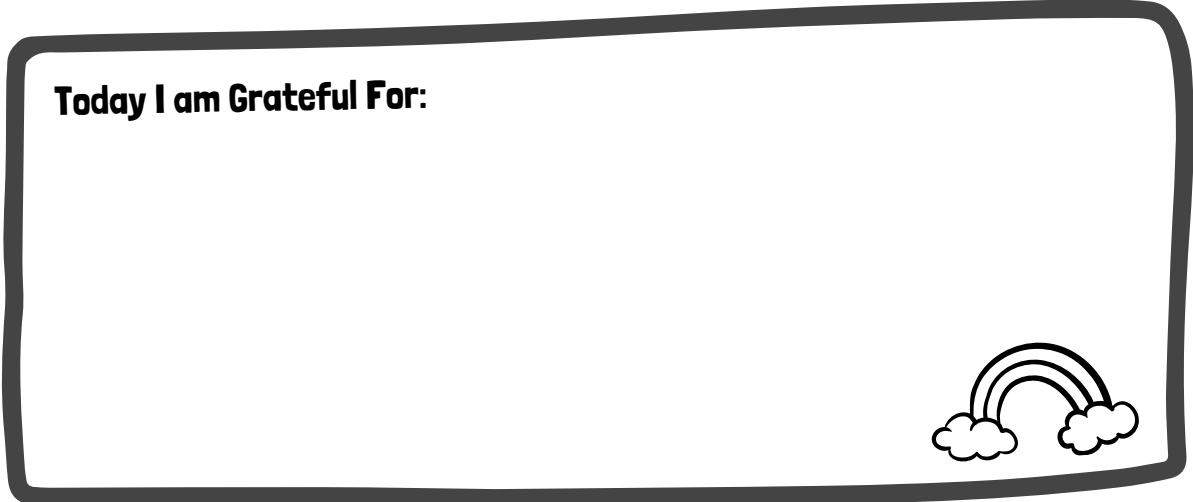


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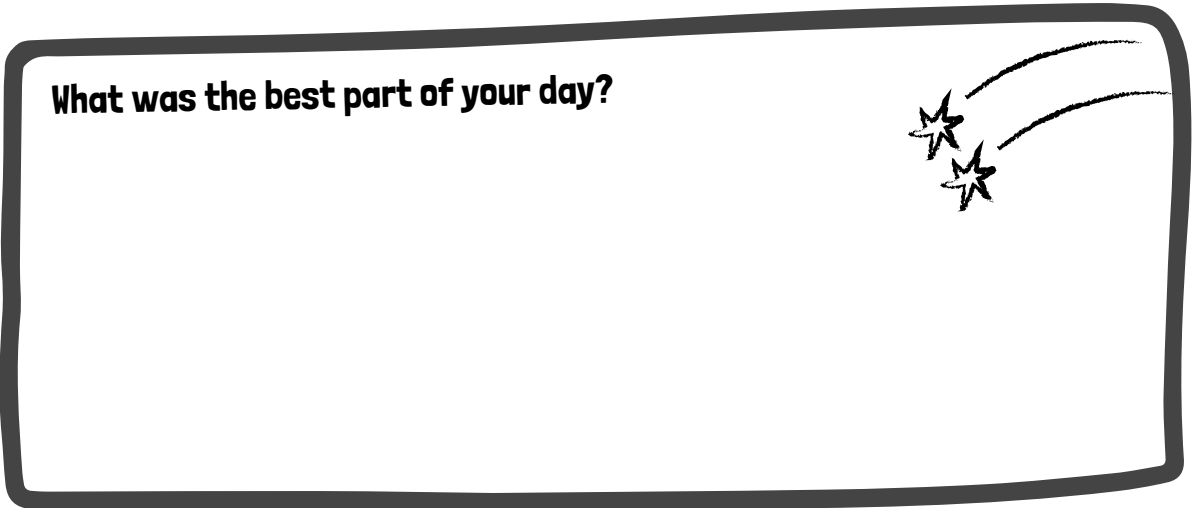
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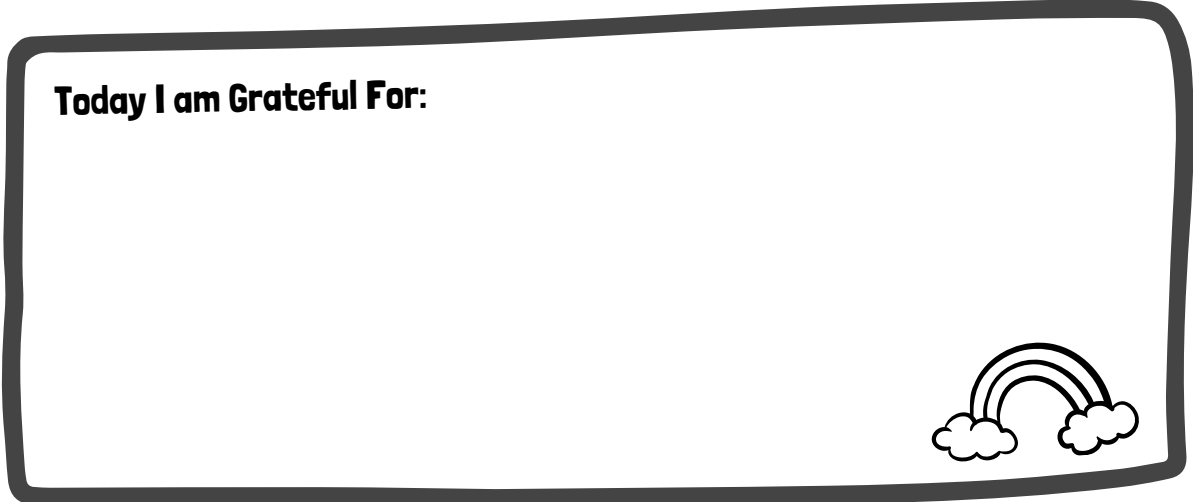


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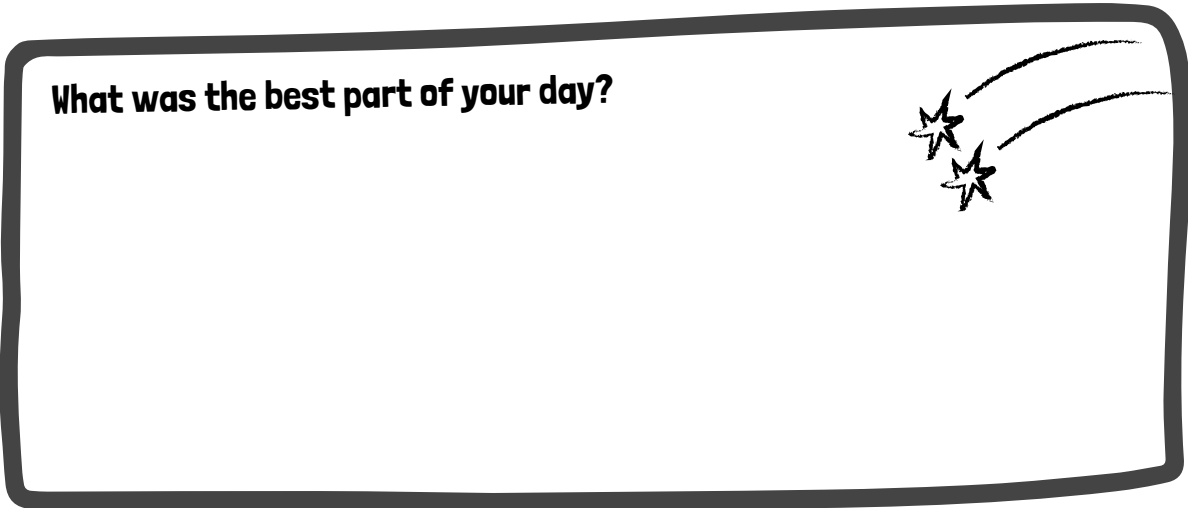
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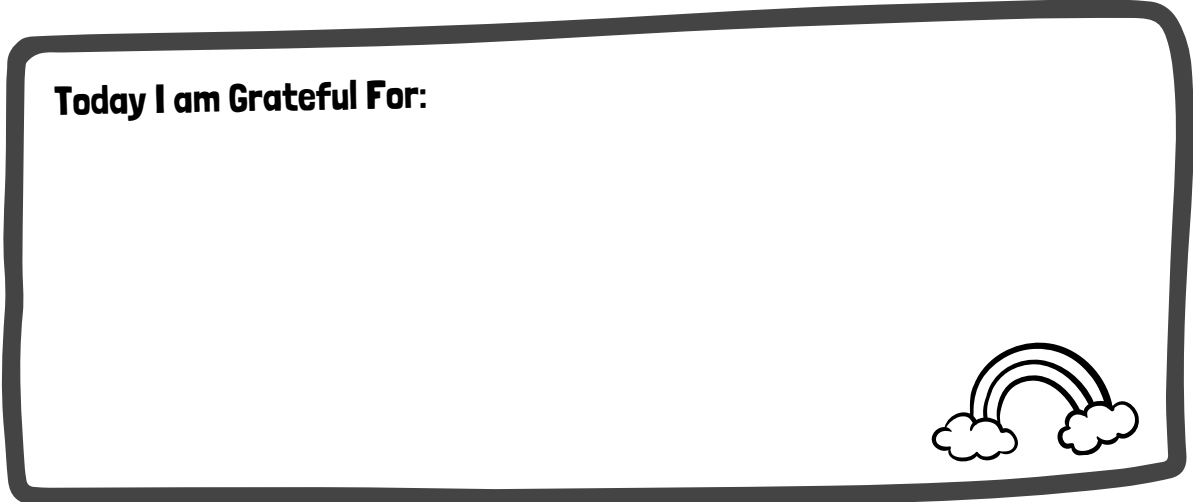


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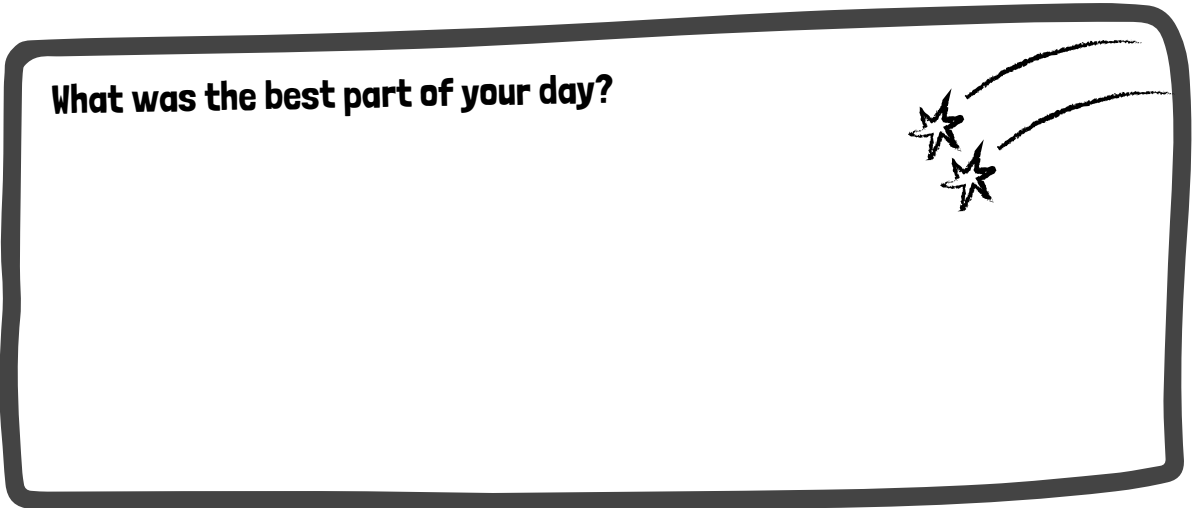
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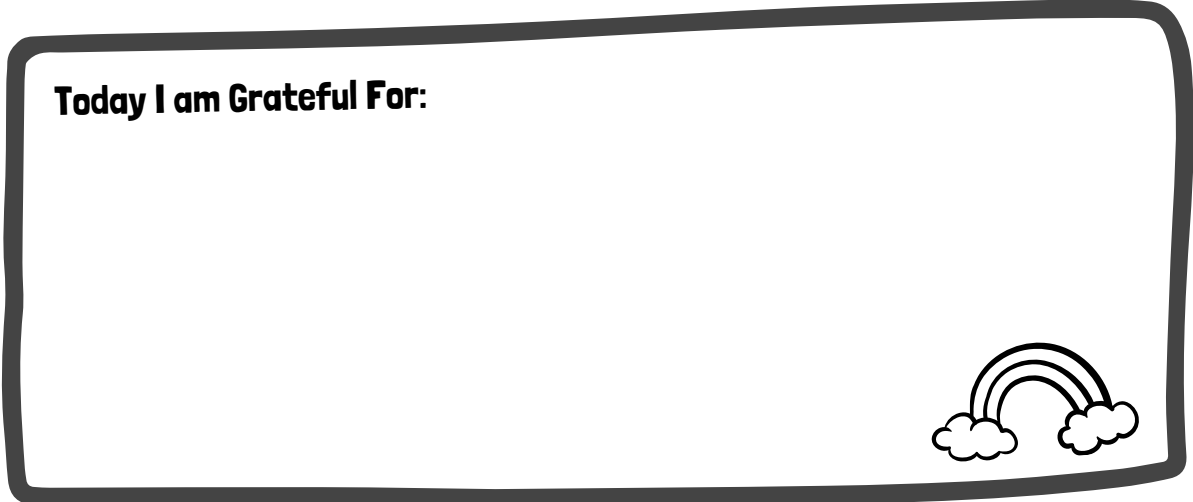


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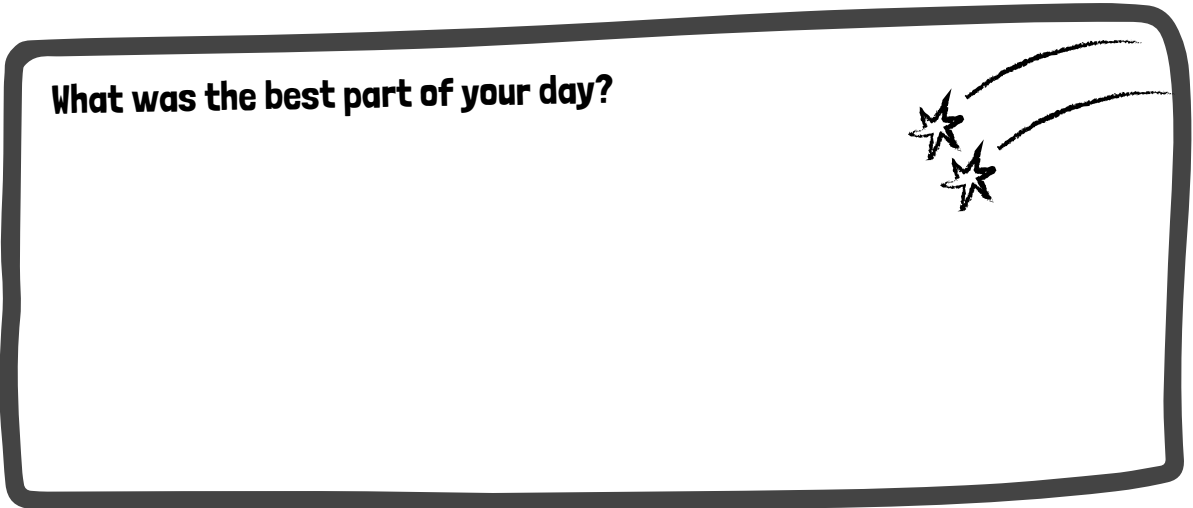
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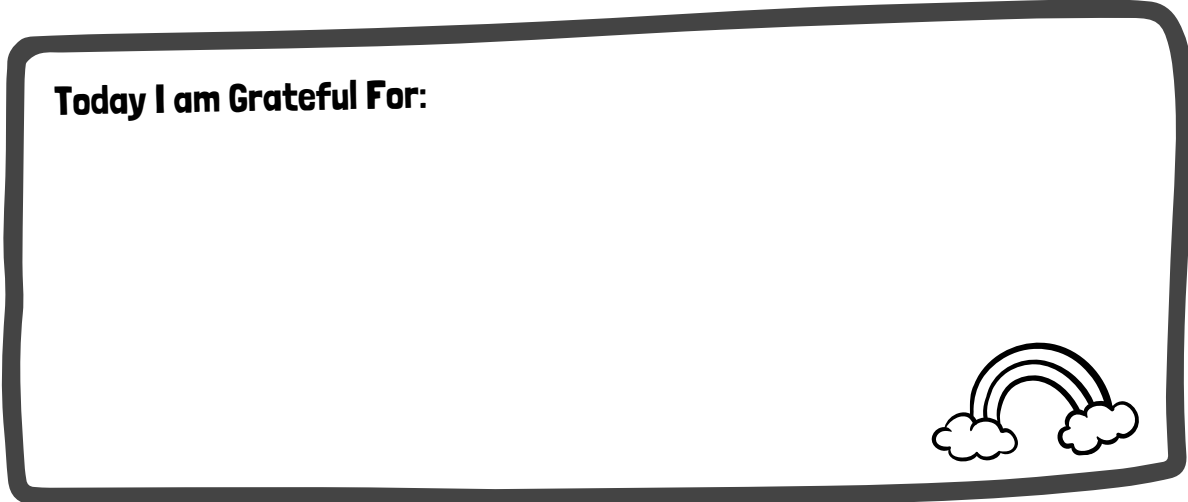


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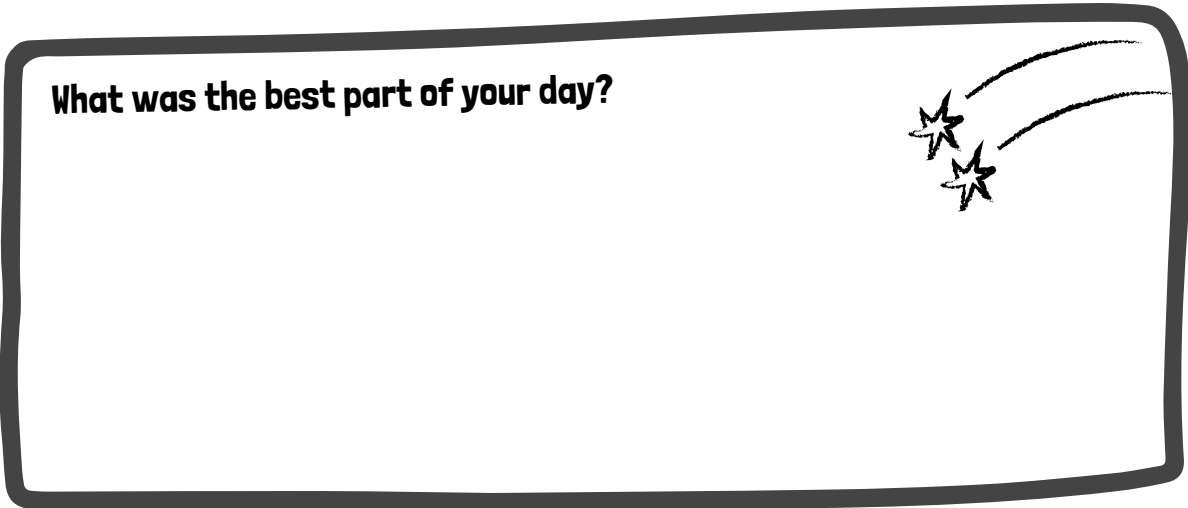
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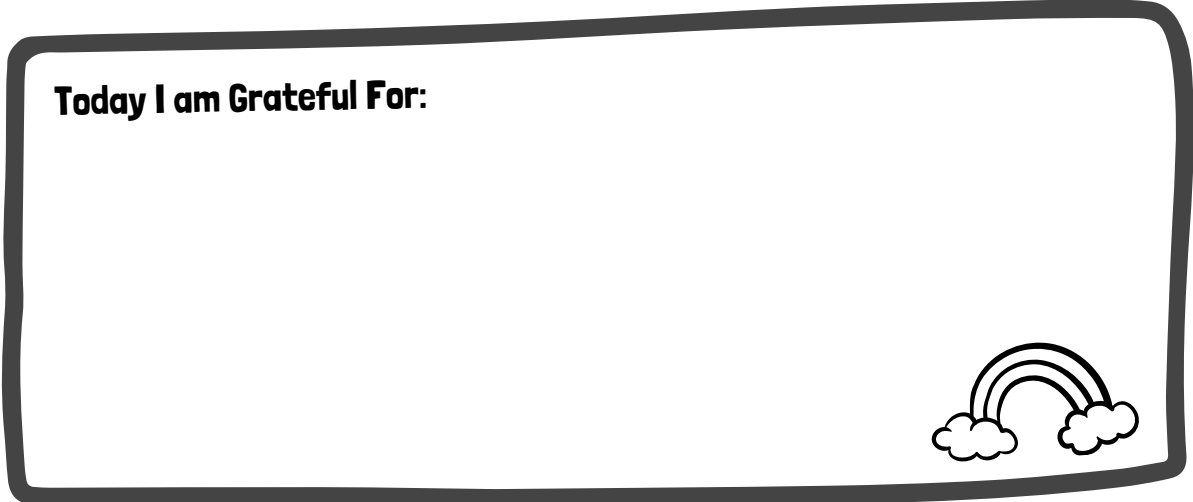


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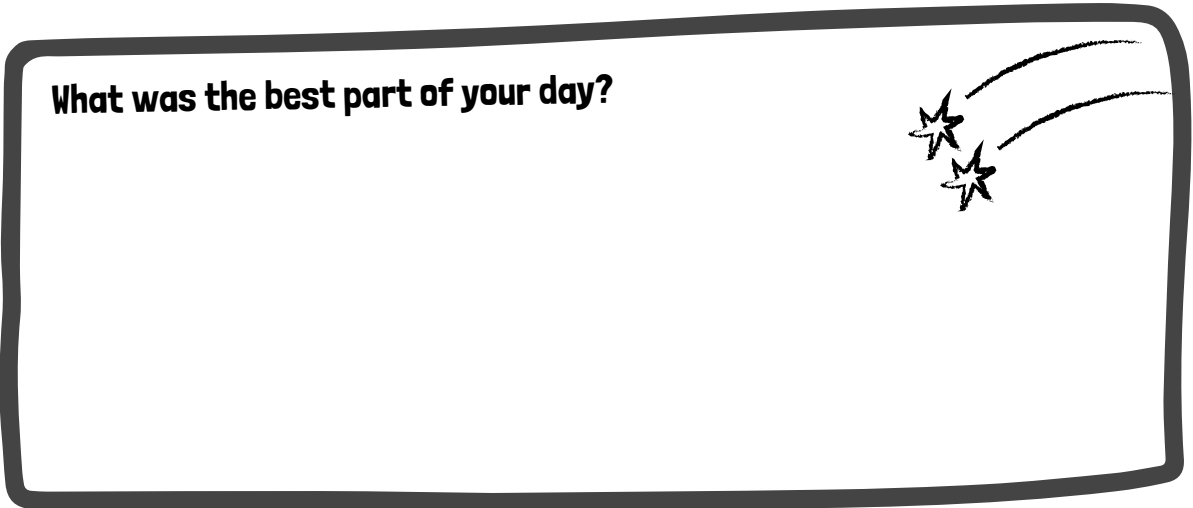
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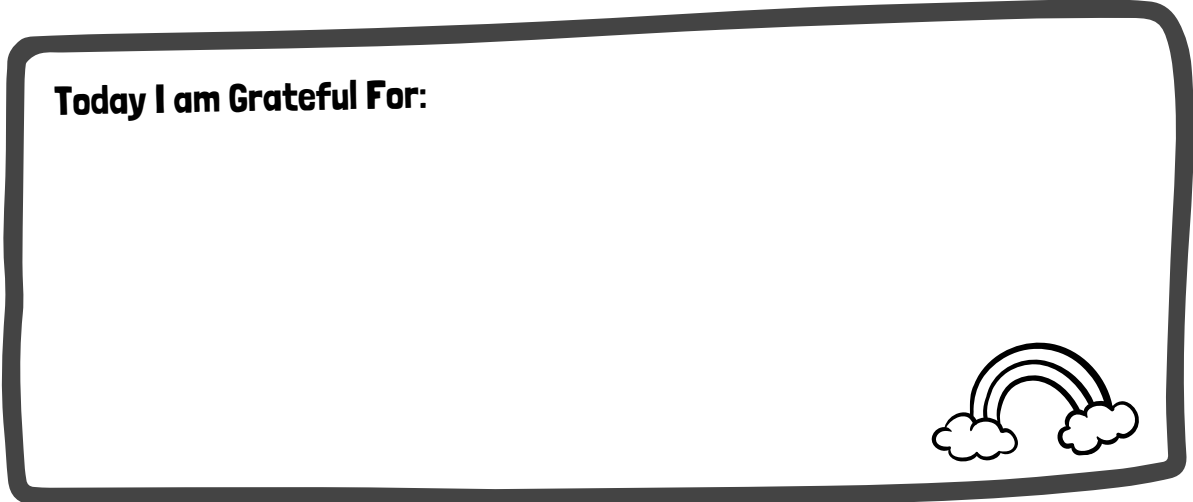


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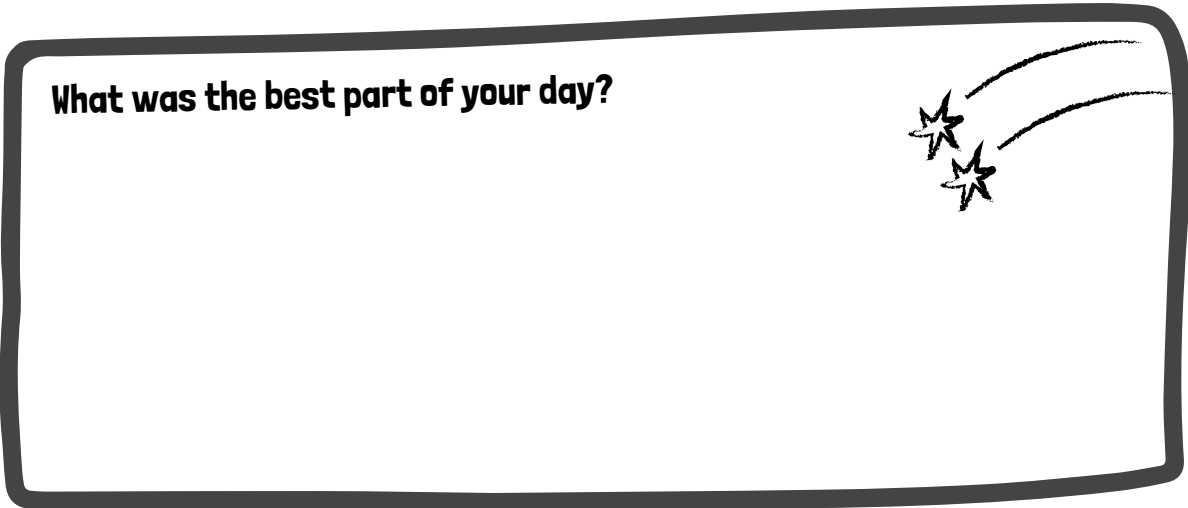
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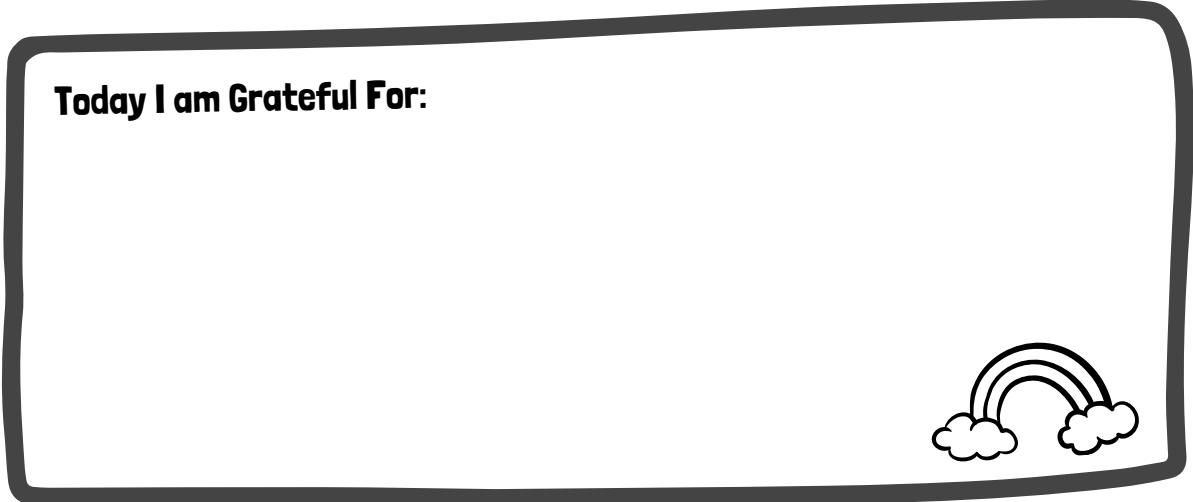


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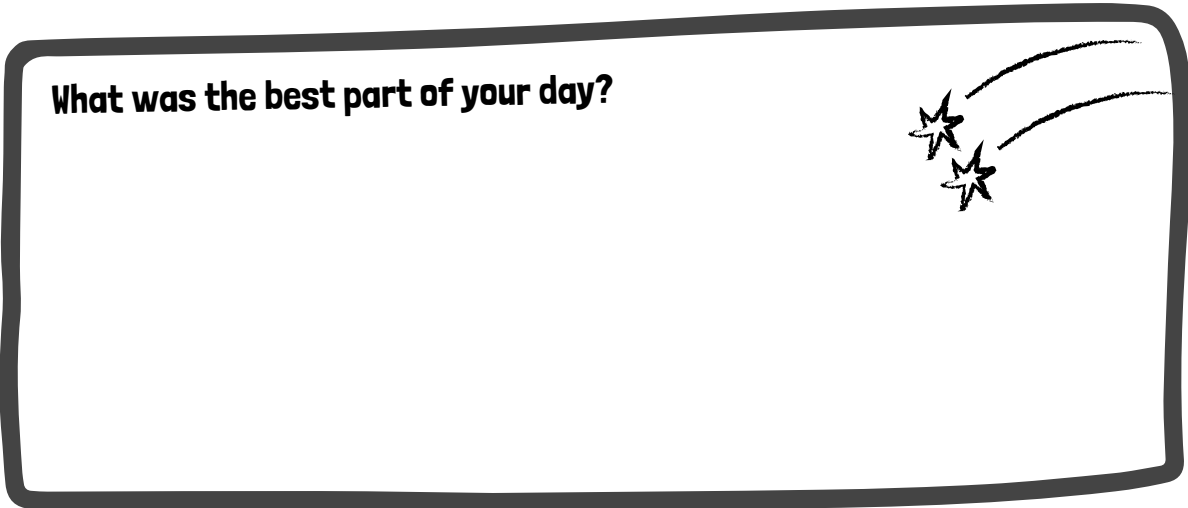
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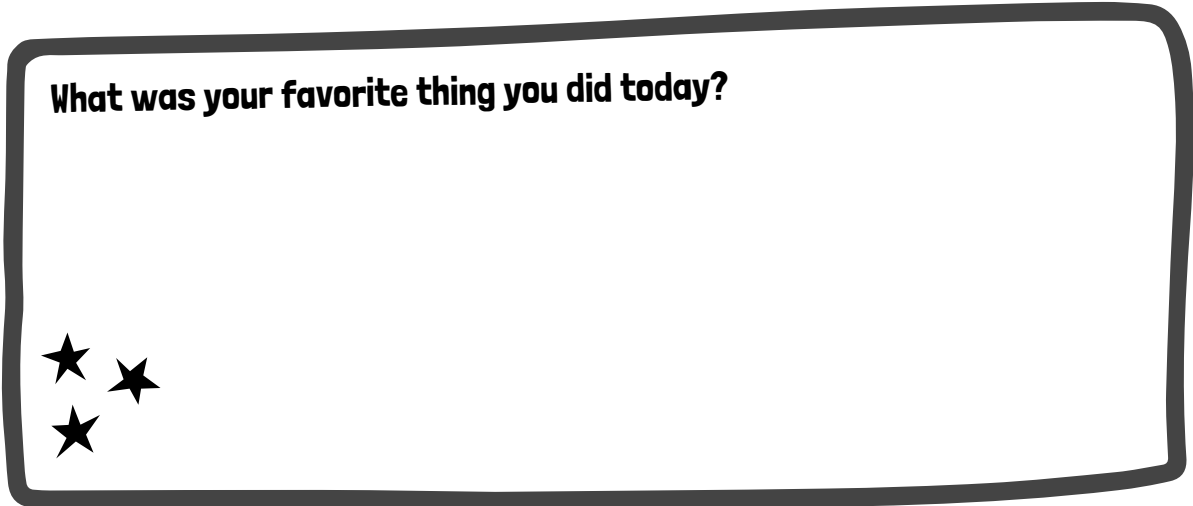
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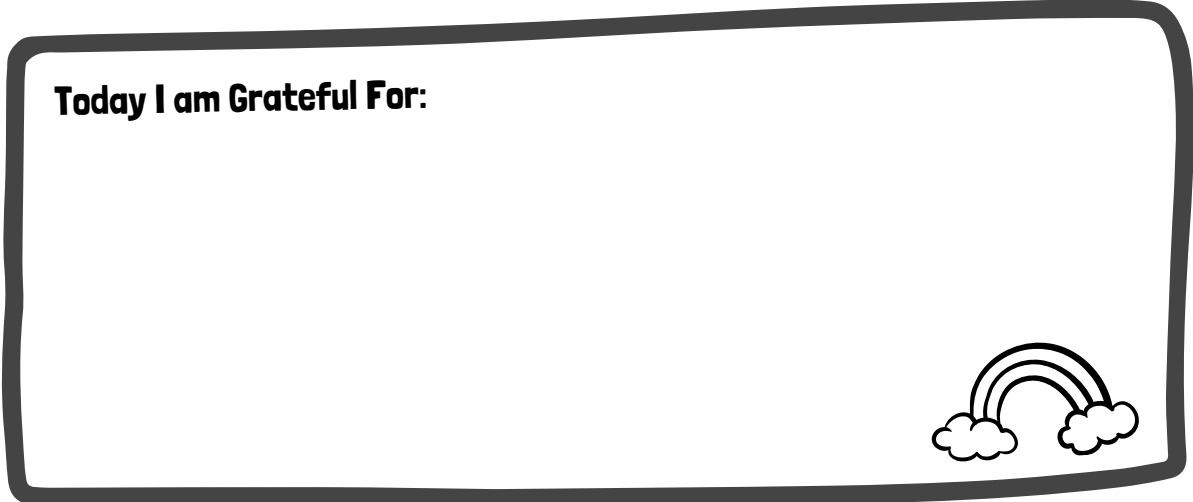


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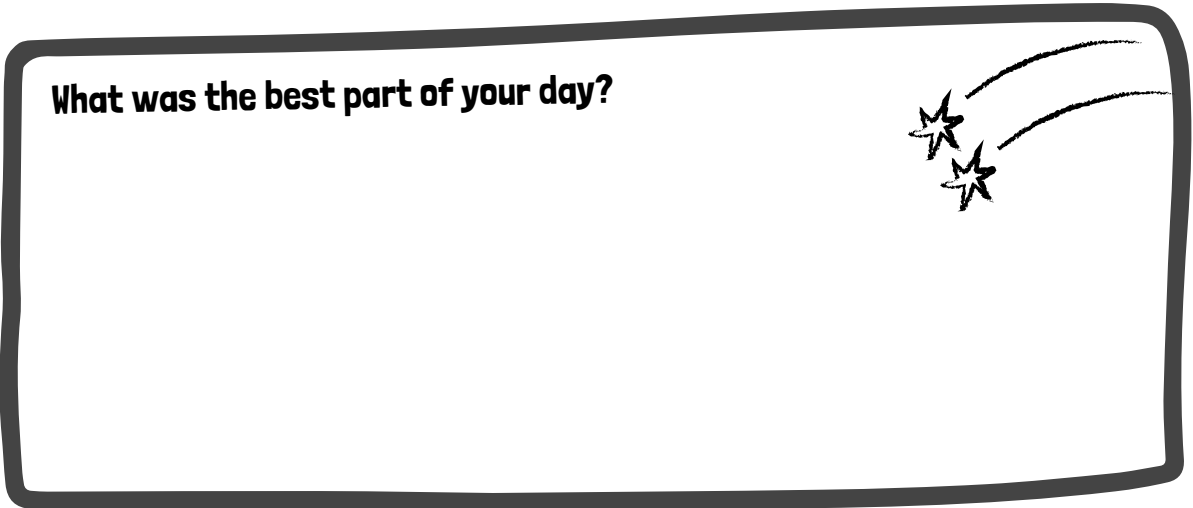
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GRATITUDE ALPHABET

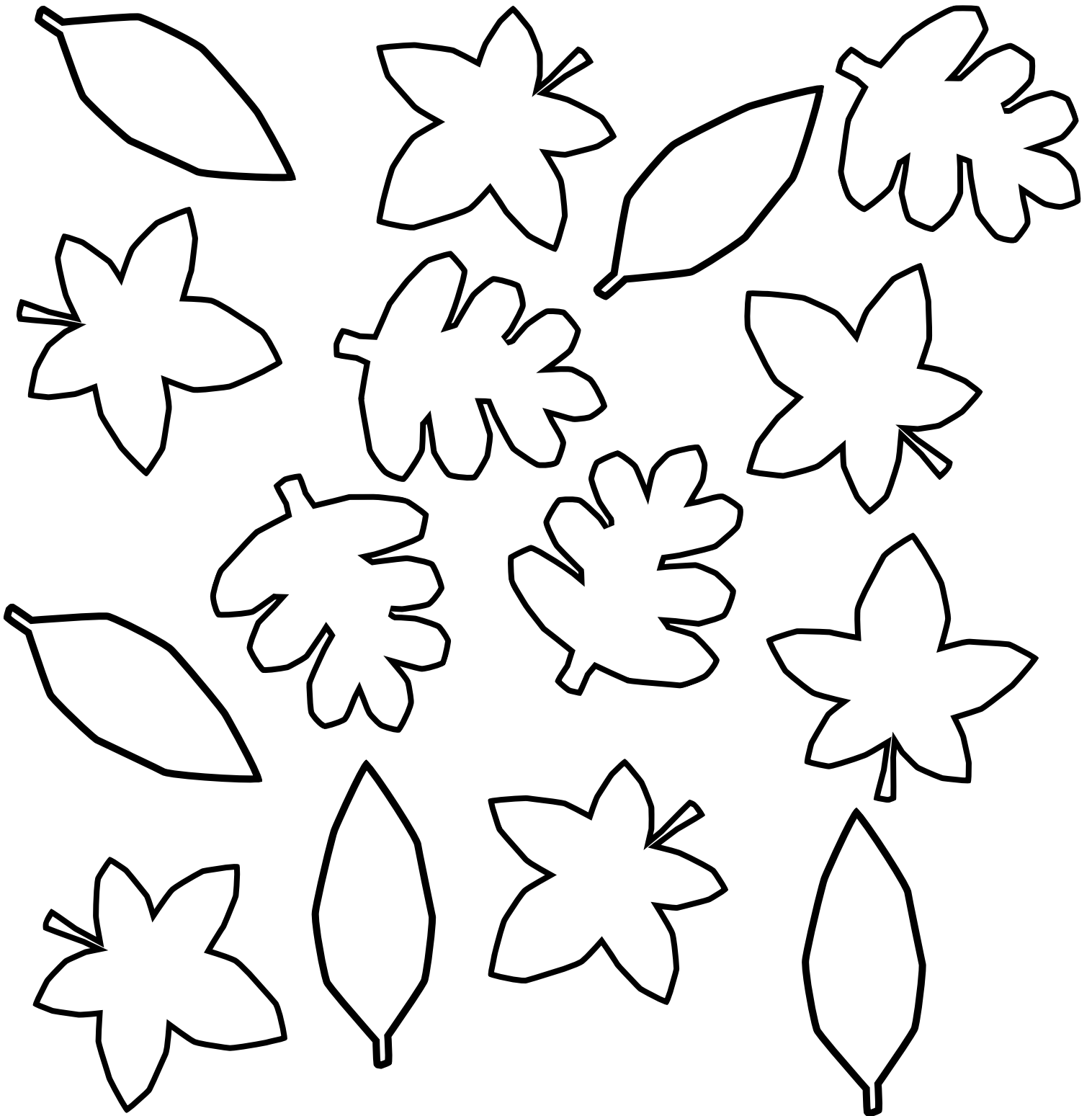
**THINK OF SOMETHING YOU ARE GRATEFUL FOR THAT
STARTS WITH EACH LETTER OF THE ALPHABET. WRITE IT
IN THE SPACES NEXT TO EACH LETTER**

A _____
B _____
C _____
D _____
E _____
F _____
G _____
H _____
I _____
J _____
K _____
L _____
M _____

N _____
O _____
P _____
Q _____
R _____
S _____
T _____
U _____
V _____
W _____
X _____
Y _____
Z _____

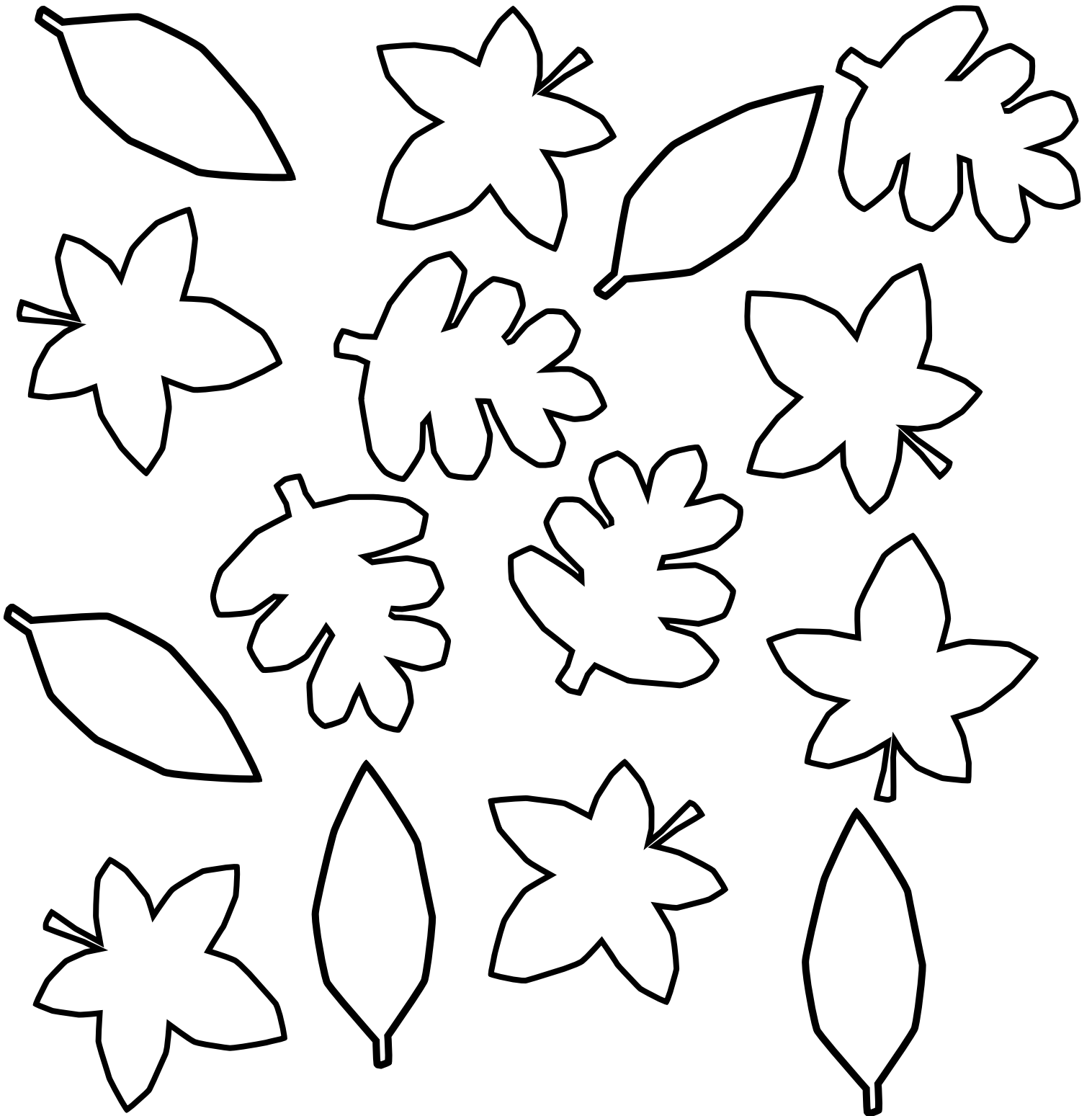
GRATITUDE LEAVES

**WRITE SOMETHING YOU ARE THANKFUL FOR ON EACH LEAF.
CUT OUT THE LEAVES AND GLUE ON A TREE BRANCH**



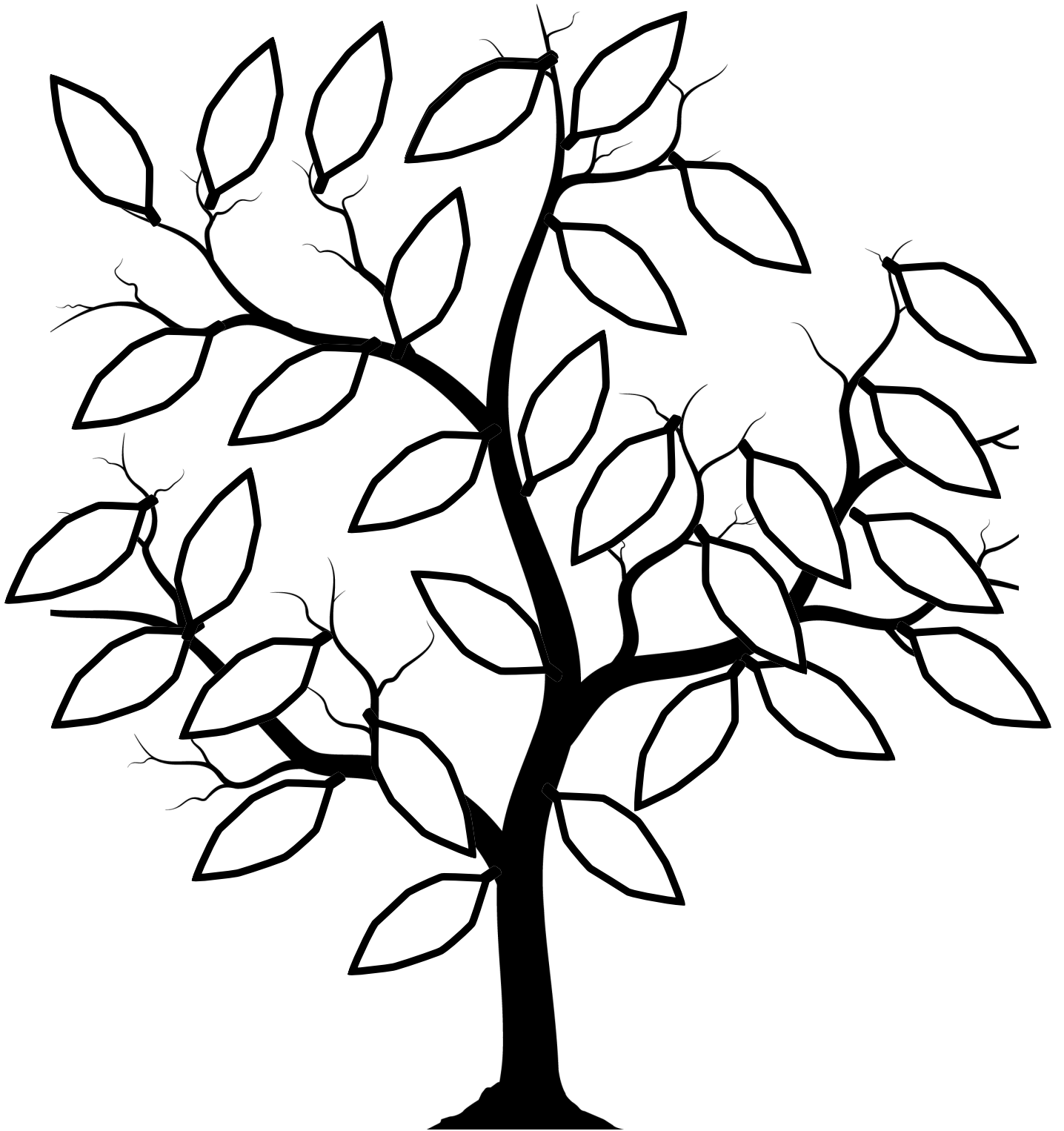
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GRATITUDE TREE

WRITE SOMETHING YOU ARE THANKFUL FOR ON EACH LEAF



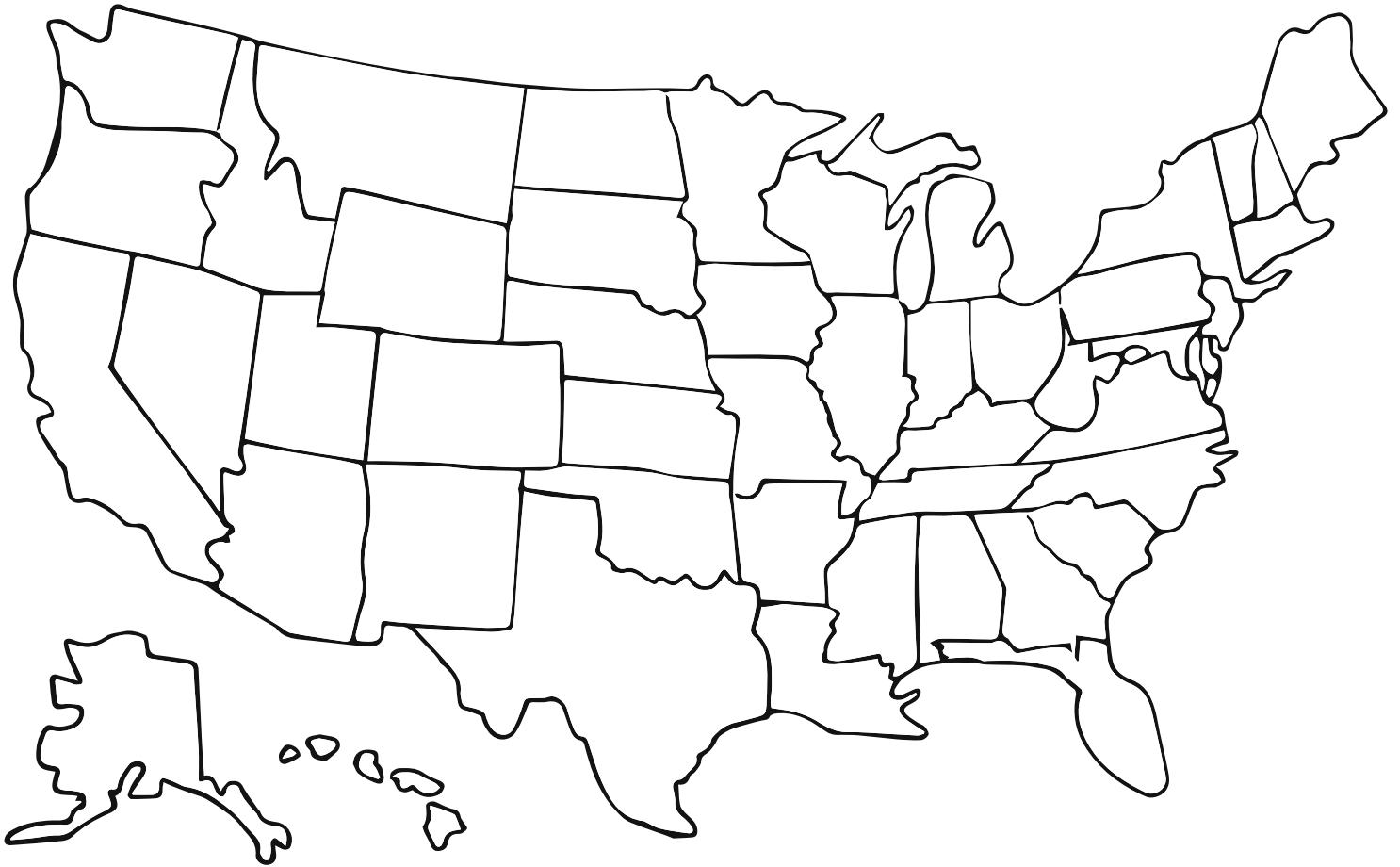
GRATITUDE BINGO

Complete a Row: Horizontal, Vertical or Diagonal by doing each activity in the squares.

Give someone a genuine hug and say, "I'm thankful for you"	Say "thank you" at every meal today	Write a prayer or blessing for someone else	Bake something and give it to a neighbor	Help pack someone's lunch or bag
Leave a thank-you note for your mail carrier	Let someone go ahead of you in line	Tell a friend why you like being their friend	Donate a toy or book you no longer use	Smile and say hello to someone new
Help clean up after dinner without being asked	Draw a picture for someone you're thankful for	FREE SPACE	Say "thank you" to the bus driver or crossing guard	Pick up trash at the park or in your neighborhood
Help a sibling with something	Call or message a grandparent to say thank you	Tell your parent something you appreciate about them	Share your snack or toy with someone	Leave a kind note for a family member
Say "thank you" to a teacher or coach	Make a thank-you card for someone	Do a chore without being asked	Compliment someone sincerely	Hold the door open for someone

MY GRATITUDE MAP

**WHERE ARE THE PLACES THAT YOU HAVE VISITED?
NUMBER THE STATES AND WRITE THE NAME ON THE LINE BELOW!**



○ _____
○ _____
○ _____
○ _____
○ _____

○ _____
○ _____
○ _____
○ _____
○ _____

MY GRATITUDE WISHES

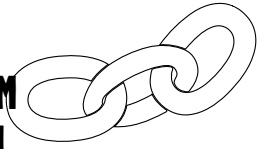
THINK ABOUT WHAT YOU WISH FOR OTHERS AND WRITE OR DRAW YOUR WISHES ON THE CLOUDS – FOR FRIENDS, FAMILY, OR THE WHOLE WORLD!



MY GRATITUDE CHAIN



**WRITE SOMETHING YOU ARE GRATEFUL FOR ON EACH STRIP.
COLOR THEM IN THEN CUT OUT WITH SCISSORS AND LINK THEM
TOGETHER WITH TAPE OR GLUE TO MAKE A GRATITUDE CHAIN!
PRINT OUT EXTRA COPIES AS NEEDED.**



MY HAPPY PLACE

**WHERE DO YOU FEEL THE HAPPIEST? DRAW OR
WRITE ABOUT YOUR HAPPY PLACE ON THIS PAGE!!**

A large, empty rounded rectangular box with a thick black border, intended for a child to draw or write about their happy place.

THANK YOU FROM
CONNIE ALBERS



My Prayer Journal



5 Fears



Equipped To Be

Scan the QR boxes above for our Free Prayer Journal, 5 Fears Book, and listen to our Equipped To Be Podcast



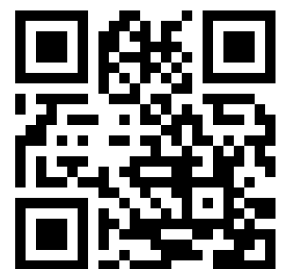
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