

# GRATITUDE BOARD

## Instructions:

1. Cut out the envelope template on the next page.  
Cut on the purple line.
2. Trace the envelope template onto construction paper - trace one square for each gratitude challenge you want to add to your board (we recommend 12 max). Cut out each square.
3. Take the template and fold on the green lines. All points will fold toward the center. Unfold and place the template on top of one of the construction paper squares.
4. Use the template to make the same folds on the construction paper - either fold together while they're stacked, or draw a line to mark where to fold.
5. Repeat step 4 on all your envelope squares.
6. Once all your envelopes are all folded, write on the inside of each one. You can choose to write something you are grateful for, or a gratitude challenge for yourself or your family.
7. When you're done writing inside, fold the points back to the center and seal it gently with a sticker.
8. Place a small amount of glue on the poster board, and attach an envelope to it.
9. For a challenge board, decide how often you'll open a new challenge. For a gratitude board, decide how often you'll open a new envelope and how you want to share it. You could discuss each new item over a meal with family, journal about it, or come up with another way to reflect on those things you're grateful for.

## Supplies:

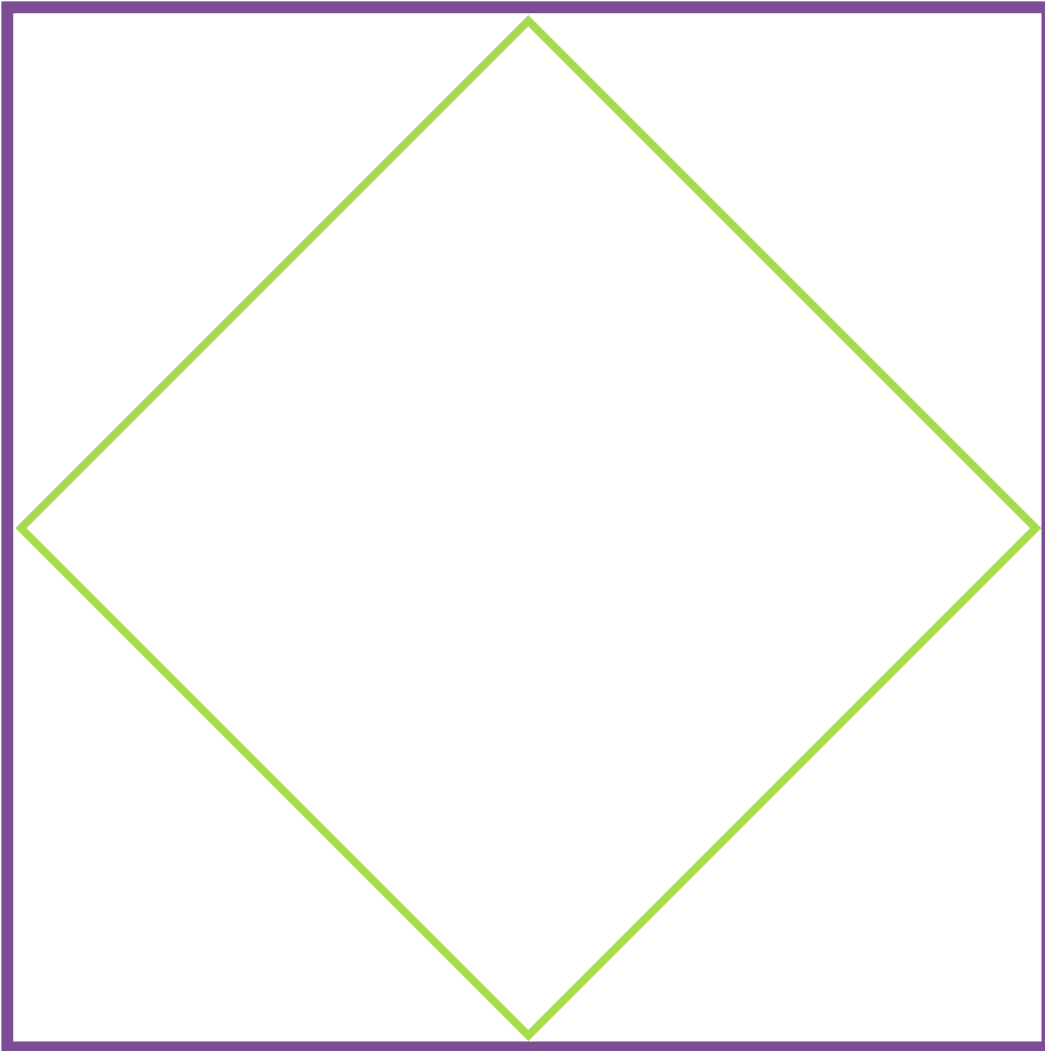
- Poster Board
- Construction Paper
- Crayons, Markers, Pen, or Pencil
- (Optional) Gratitude Stickers

## Other Tools:

- Scissors



## Envelope Template



### Gratitude Challenge Ideas

- Thank You Notes: Write a note to each member of your family to brighten their day
- Pick Up the Phone: Call a friend or family member you haven't seen recently
- Hold the door for someone when they aren't expecting it
- Do a random act of kindness
- List 3 things you love about yourself