

Incorporating Gratitude into Your Family's Routine

Gratitude is not just helpful in creating a healthy mindset and outlook on life, but science shows it can build resilience and a person's ability to handle adverse experiences – all great things to instill in our children and families to grow self-confidence, kindness, and overall well-being.

Nexus Family Healing has pulled together some favorite games and activities to do with your family to help model practices of gratitude. These activities can be big and creative or simple and sweet. Try them out and share your experience with us by tagging @NexusFamilyHealing on Facebook and Instagram!

Affirmation Station

Items Needed:

- Post-it notes or small pieces of paper
- Writing utensils

Instructions:

1. Make a station in a shared space of your home to place post-it notes or pieces of paper, a writing utensil, and tape if needed.
2. Encourage your family members to use this station to write positive affirmations to themselves that they can post in places they'll see them often (like a bathroom mirror, on the fridge, or in their room). These affirmations help them show gratitude to themselves and can build self-confidence.
3. Another option is to use the station to write why you are grateful for each member of your family. Then post these notes around the house for family members to see every day. This helps work on showing appreciation toward others and strengthening relationships.
4. Regardless of which option you use your affirmation station for, encourage your family to read these statements out loud to themselves or to the family member they wrote about.



Gratitude Hot Potato

Items Needed:

- Ball or other household item you can safely toss or throw

Instructions:

1. Take a potato or ball and toss it to someone in the room; whoever catches it has to rapid fire say who or what they are grateful for right in that moment, then toss it to someone else.
2. You can make it a bit more competitive for high-energy groups by taking the game outside or to a bigger space. Challenge your kids to run, jump, and slide to catch the potato/ball. But remember, whoever is holding the potato must express gratitude.

Kindness Tree

Items Needed:

- A tree-shaped cutout
- Colored paper
- Scissors
- Tape or glue
- Markers



Instructions:

1. Stemming from the Conscious Discipline practice, kindness trees are a great way to help children recognize and acknowledge healthy behaviors like kindness and helpfulness.
2. Print out a tree shape and tape it up somewhere within reach.
3. Have your family members use the colorful paper to cut out leaves.
4. When someone notices an act of kindness or someone being helpful, they can write down that moment onto their cutout leaf and attach it to the tree!
5. Once you notice leaves are being added, take time with your group to read through them and acknowledge the various behaviors.

The 5 Senses

Items Needed:

- Paper
- Writing and/or coloring utensils

Instructions:

1. With your family members, go through the five senses – sight, sound, taste, smell, and touch – and identify one thing they are grateful for within that category.
2. They can speak each one, write them down, or draw the things they are grateful for, depending on age and interest.
3. An example might be the sound of rain, smell of dinner cooking, the sight of snow falling, the taste of their favorite meal, and the touch of their pet's fur.
4. You can go through this exercise several times and can change the theme each time – five senses in our home, outside, at school, etc.



Gratitude Scavenger Hunt

Items Needed:

- Paper
- Writing utensils

Instructions:

1. Take a piece of paper and pen and write down items for your kids to find that they are grateful for. For example:
 - Find something in nature you are thankful for
 - Find an item you use everyday
 - Find something that you know a loved one would enjoy
 - Find something that makes you happy
2. As they find the items, you can have them explain their gratitude or thought behind the item, you can make it a race if you have competitive kids, or offer a prize for items found.
3. The possibilities are endless with this, and you can always make the list as creative or simple as you want.

Gratitude Bingo

Items Needed:









- Bingo Sheet (see next page)
- Bingo marker or pen

Instructions:

1. Gratitude Bingo can be played as individuals working toward their own bingos or as a family working together to fill out the sheet.
2. To get a bingo, you must complete the activities in each square of a row or column for a total of five activities.
3. Once a bingo is achieved, you can choose to offer a reward or continue the game until the entire board is finished and all bingos/activities are completed.

Gratitude Bingo

Work together as a family or individually to work your way to a bingo!

 <p>Do a chore for someone else.</p>	<p>Try a new activity or hobby with a friend or family member.</p>	 <p>Call someone you haven't talked to in awhile.</p>	<p>Spend time volunteering with a local organization.</p>	 <p>Thank someone for helping you.</p>
<p>Smile and say hello to everyone you see today.</p>	 <p>Apologize to someone you may have hurt.</p>	<p>Pick up litter in your neighborhood or favorite park.</p>	 <p>Surprise someone with flowers.</p>	<p>Share a favorite memory with someone important to you.</p>
 <p>Send a drawing or thank you note to someone special.</p>	<p>Donate your old toys or books to a local charity.</p>	 <p>Free</p>	<p>Go on a gratitude walk! Talk about all the things you see, hear, smell, and touch that you are grateful for during your walk.</p>	 <p>Have a family dinner or join a friend for a meal.</p>
<p>Donate socks or warm blankets to a homeless shelter.</p>	 <p>Tell every family member something you love about them.</p>	<p>Post nice messages on sticky notes and leave them around your house.</p>	 <p>Help a neighbor.</p>	<p>Share your favorite book or movie with a friend.</p>
 <p>Make a treat to share.</p>	<p>Share a mistake that helped you grow.</p>	 <p>Compliment a friend or a stranger.</p>	<p>See how many times you can say please and thank you in a day.</p>	 <p>Tell a friend a joke.</p>