

# A Quick-Guide to

# gratitude



## WHEN THEY GRUMBLE:

1 Pass out rubber bands to the family and ask everyone to put one on their wrist. Instructions: Every time you complain, grumble or gripe, snap your rubber band lightly. The sting might just make you realize how easy it is to complain rather than give thanks.

*(Rule: you're only allowed to snap your own rubber band).*

2 Stop what you're doing (or child mid-complaint), take a piece of paper, and write a thank you note to someone who has done something for your family this week.

## *When gratitude is least expected:*

1 Hide sticky notes with words of thanks in unexpected places.

2 Offer a prayer of thanksgiving - sometimes the unexpected is the most needed.

3 Randomly text 1 Thessalonians 3:9 to someone's phone: "How we thank God for you! Because of you we have great joy."

4 Secretly do a family member's weekly chore.



## When you sit down for dinner...

**Once a week**, designate a chair at the table as the "Blessng Bench" and go around and say one nice thing you appreciate about the person sitting in it.

**Ask these three questions:** 1 Who was kind to me today? 2 What brought me joy or laughter today? 3 What was my favorite part of the day? Write it all down and go back and read your lists later

*When  
your kids  
want more  
(and more)...*

1 Take a family gratitude count. Create a list of 100 or more things in your life and house you're thankful for.

2 Take them to the store and have them pick out a favorite toy to give away to a kid their age who has less.