

## Four Weeks of Gratitude

SUN	MON	TUE	WED	THU	FRI	SAT
Say “thank you” to the most important person – you! Practice self-care.	Take a walk with someone you love.	Send an email to a friend you haven’t talked to in a long time.	Share a book you loved from your childhood with a little one you know.	Find something in nature that brings you peace. Keep it somewhere close to you.	Call the local fire or police department or send letter to editor thanking them for their service.	Learn something new, then teach a friend or family member.
Take a friend to a special place in your community that brings you happiness.	Send a “thank you” message to an educator or member of the school community.	Find an inspirational quote or story and share it with people you love.	Pick a book that you have enjoyed reading and share it with someone who will love it, too.	Start a Gratitude Jar...add 2 things each day you’re grateful for and watch jar fill up!	Clean out your pantry and donate non-expired canned goods.	Have a movie night with a feel-good film that makes you laugh.
Write a letter to a veteran or the elderly.	Bake your favorite sweet treat and share it with family for tonight’s desert!	Clean out your closet and collect some things to donate.	Rake the leaves for a neighbor or a community member.	Have a game night! Pick your favorite boardgame to share with your family.	Play 21 questions with someone to get to know them better.	Find a positive social media message and tag 10 friends to spread the positivity.
Find your favorite uplifting songs and create a playlist to share with friends or family.	Create a gratitude rock. Check out our simple DIY video on this activity. <a href="#">Linked here!</a>	Pull out old year books and share your favorite photos with your classmates.	Think of 5 people who have had a positive impact on you and send them a thank you email.	Write a letter to someone who helped you accomplish a goal.	Write a letter to your future self about the importance of gratitude.	Go on a walk and think about things you love about yourself and your community.

To learn more, visit the School Mental Health Resource and Training Center at [www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org) or call **518.434.0439**