

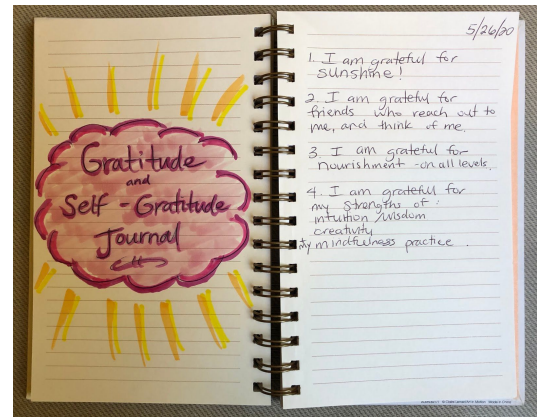
Sharing Gratitude and Kindness Activities

Materials:

- Paper and pens, markers, colored pencils, and/or chalk
- Journal (bought, found or made)
- Optional: Magazines, scissors and glue stick for journal cover collage

Directions:

1. Start a **Gratitude Journal**: write 3 things/beings every day you are grateful (thankful) for. Can you also name a bonus thing you are grateful for about yourself? This is a great self-compassion exercise.
Optional: Collage or Draw a Cover for your journal.
2. Watch the [Sending Kind Thoughts](#) video and think about who you'd like to send kind thoughts to.
3. Practice sending kind thoughts to at least 2 different people. Notice how you feel when you do this. Is it strange? Fun? Do you feel good?
4. Now share your kind thoughts and gratitude with others by writing, drawing, or sending a message or doing another act of kindness:
 - Write a compliment or thank-you note for someone in your home. Share your note with them.
 - Write or draw something you're thankful for and share it with a friend on a phone call, text, or video message or meeting. Ask them to share what they're thankful for, too.
 - Draw a picture of something that makes you feel happy. Put your picture facing out of a window, so anyone outside can see it. Or if you can, go outside and draw with chalk on the sidewalk. Your kind messages and colorful drawings will make others happy, too.



Sharing Gratitude and Kindness Ingredients

- I started my Gratitude Journal.
- I tried sending kind thoughts to someone and noticing how I felt.
- I wrote or drew pictures/notes to express my gratitude.
- I shared my gratitude with someone.