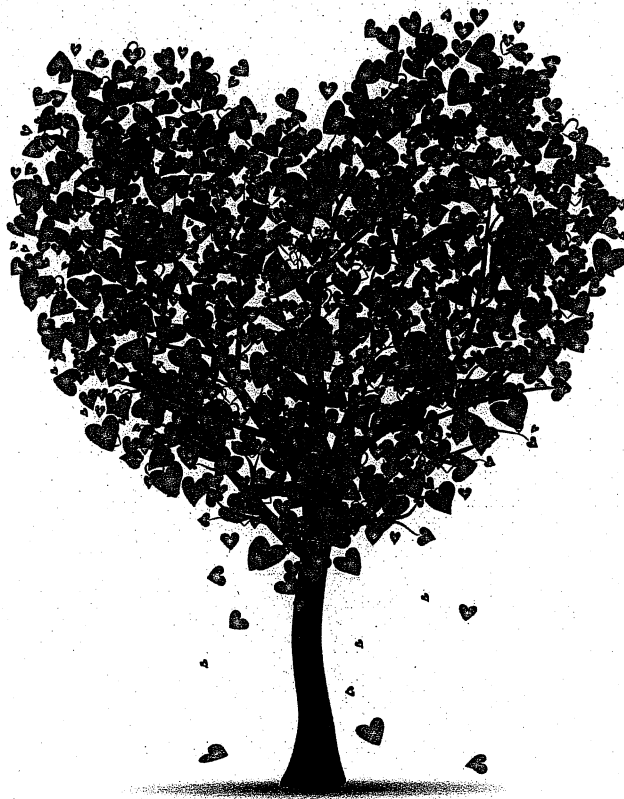


# MY GRATITUDE JOURNAL



# **Gratitude Journal Prompts**

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that you feel grateful for.
27. What is your favorite food and why?
28. Name an activity that makes your heart sing.
29. Describe something that you like about yourself.
30. Name something that makes you laugh.

## Remember Me Frisbee golf

**What You Need:** Large container like a laundry basket, marker, paper plate, and masking tape

### **What You Do:**

- Place the container against a wall where there's nothing breakable nearby. It might be better to play outside!
- Get a paper plate for you to use as a frisbee...or a real frisbee if you have one!
- Write "Get in the Habit of Being Grateful" on the paper plate or, if you have a real frisbee, write it on a piece of paper and tape it onto your frisbee.
- With the masking tape or some other way of designating line, create a throw line about 15 feet from the container and stand behind the line. (You can adjust the line closer or farther away as needed.)
- The rules:
  - Someone will read a review question.
  - If you get the answer correct then you get a chance to throw your plate/frisbee into the container.
  - If you get the plate/frisbee into the container you get a point.
  - See how many points you can get!
- Here are the questions:
  - What happened during the first Passover? (*God saved His people from the last plague in Egypt by passing over the houses of the people who had lamb's blood painted on their doorposts.*)
  - Why did people continue to celebrate Passover? (*to remember that God rescued them from slavery*)
  - What are some of the things that were a part of the Passover celebration? (*People ate a big feast with lamb and flat bread*) Depending on the answer, you can ask follow up questions. For example: Why did they eat flat bread? Why did they eat lamb?
  - Who celebrates communion/the Lord's Supper? (*people who follow Jesus*) A good follow-up question is: What makes someone a Jesus follower? (*someone who believes Jesus is their Savior and chooses to follow Him*)
  - Why do followers of Jesus celebrate communion/the Lord's Supper? (*to remember Jesus rescued us*)
  - What's one of our Bottom Lines from this month? (*You always have something to be grateful for. Celebrate what God has done. Say thank you. Adjust your attitude. Get in the habit of being grateful.*)
  - Recite this month's memory verse. (*Give thanks to the LORD, for he is good. His love endures forever, Psalm 136:1, NIV.*)