

Gratitude is a feeling of thankfulness and appreciation.

The power of gratitude is endless!
Research shows that practicing gratitude can strengthen relationships,
improve physical and emotional well-being,
deepen empathy skills, and improve self-esteem.

Research also suggests that writing down or drawing
what you are thankful for
can actually make you happier.

Family Gratitude Mailbox Instructions

Here's a fun activity you can do at home to grow your family's culture of gratitude:

1. Place the gratitude mailbox in a central place in your home.
2. Keep blank recipe cards, pens, pencils, markers/crayons beside the mailbox.
3. Encourage everyone to daily write or draw something they are grateful to God for and place the card in the mailbox. (Put the flag up if it's not already.)
4. Set a time in your daily routine (perhaps at supper or bedtime?) where as a family you read/look at the cards – Invite family members to explain more about their gratitude entry. (Why? How does this make you feel?)
5. Thank God when you are done.

Here are some prompts that might be helpful as over time you get creative in the use of this gratitude mailbox:

- I am grateful to God for these two things at school.
- I am grateful to God for these two things at home.
- I am grateful to God for these people in my life.
- I am grateful to God for these two things that my eyes see, or ears hear, or hands feel....
- I am grateful to God for these things that start with the letter ____.

***THANK YOU, Dear God,
for being with me – always and forever!***