

# 21 DAYS OF GRATITUDE

1. Eyes to See  
-Play I Spy
2. Your body  
-Play Simon Says
3. Gods Word  
-Memorise a verse together
4. Nose to smell  
-Smell the plants outside
5. Family  
-Video call a family member
6. Warmth  
-Cozy up for a movie or story
7. Memories  
-Look at old pictures
8. Fun  
-Build a blanket fort together
9. Family  
-Have a family games night
10. Neighbours  
-Say hello to them over the wall
11. Home  
-Help with something in the house
12. Health  
-Do exercise together
13. Mouth to taste  
-Bake something together
14. Words  
-Tell someone something you love about them
15. Laughter  
-Watch a funny movie/tell jokes
16. Colours  
-Everyone wear a chosen colour
17. Art  
Draw/Paint /Put on a play/show for your family
18. Creation  
-Stand outside and listen to the birds
19. Time together  
-Turn the music up and dance!
20. Games  
-Play hide and seek together
21. Gods Love  
-Pray to God together