CELEBRATE!

October: Being Grateful

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| What goes being grateful mean to you? | Share a good deed that someone has done for you. | What are ways that we can show our gratitude? | Create a class gratitude tree.\* |
| What is a good deed that your class could work on together?\*  | List 10 things you are grateful for in your community.  | How many different ways can you say thank you? | Create a gratitude calendar.\*  |
| What is something you like to do on Thanksgiving weekend?  | October has a ‘Choose to be great Week’ – what are you going to celebrate? | Using each letter of your name, write something you are thankful for.  | Write a thank you note (picture etc.) to someone for something they have done for you. |
| Start an appreciation journal.  | Fill a classroom jar with notes about the good things that happen at school this month.  | At the end of today, have everyone share the highlight of their day.  | Make thank you notes for community organizations that support your school. |

Resources (\*)

Class Project: <http://www.projecthapiness.org>

Gratitude tree: <http://www.bing.com/images/search?q=gratitude+tree&qpvt=gratitude+tree&qpvt=gratitude+tree&FROM=IGRE>

Gratitude ideas on Pinterest: <https://www.pinterest.com/explore/gratitude-ideas/>

[www.speardinggratituderocks.com](http://www.speardinggratituderocks.com)