



GRATITUDE
ACTIVITY GUIDE

INTRO TO GRATITUDE

- What is Gratitude?
- See the Good Challenge
- Seeing the Good in Others
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HANDS-ON

- Gratitude Rocks
- C2 Gratitude Tree
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FILL BUCKETS

- Go Out and Fill Buckets
- Pat on the Back
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THANKSGIVING

- C2 Friendsgiving Prep
- C2 Friendsgiving
- Thanksgiving Quiz
- Black Friday - Financial Responsibility

SELF-ESTEEM

- Discover My Great-Full Self
- Personal Strengths
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REFLECTIVE

- Thank You For Believing in Me
- Gratitude Journal
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TO ACCESS THE ENTIRE SEL ACTIVITY GUIDE YOU CAN CLICK THE LINK BELOW:

[ACTIVITY GUIDE – GOOGLE DOCS](#)