

#Do1Give Day

Grow the Gratitude Challenge

#Do1Give Day is all about creating a ripple of happiness, love, and positive impact all over the world. Growing our gratitude for those around us makes us feel good from the inside out which spreads those good feelings to everyone around us. Taking just a few minutes each day to stop and think about the people or animals in our life that we are grateful for makes everyone feel so good!

1

Print the big blue #Do1Give Day heart and little blue gratitude hearts. Cut out the small hearts.

2

On each small gratitude heart print the name of one person (friend or family or pet) you are grateful for in your life.

3

Glue each small gratitude heart around the big blue heart. How many gratitude hearts can you stick? Share with your friends and family you included!



BIG GRATITUDE HEART



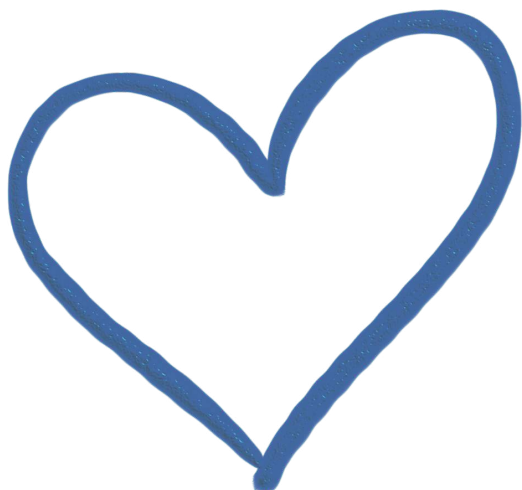
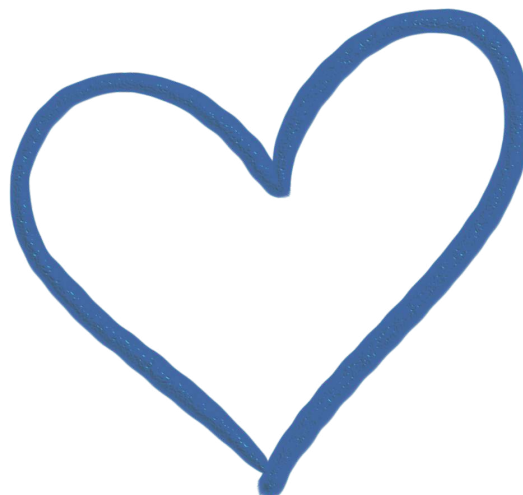
I AM 
GRATEFUL
FOR...

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#Do1Give
Day 



LITTLE GRATITUDE HEARTS



#Do1Give
Day 

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