

#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 gratitude for those around us makes us feel good from the inside out which in turn spreads those good feelings to everyone around us.

Take a few minutes to stop and think about the people, the animals, or our planet - and all the ways we are grateful for them in our lives.



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



Write on each small gratitude words to express your gratitude for the planet, a person or an animal.



Glue each small gratitude heart around the big heart. How many gratitude hearts can you complete? This mindful gratitude practice will get the love flowing!

www.365give.ca



BIG GRATITUDE HEART

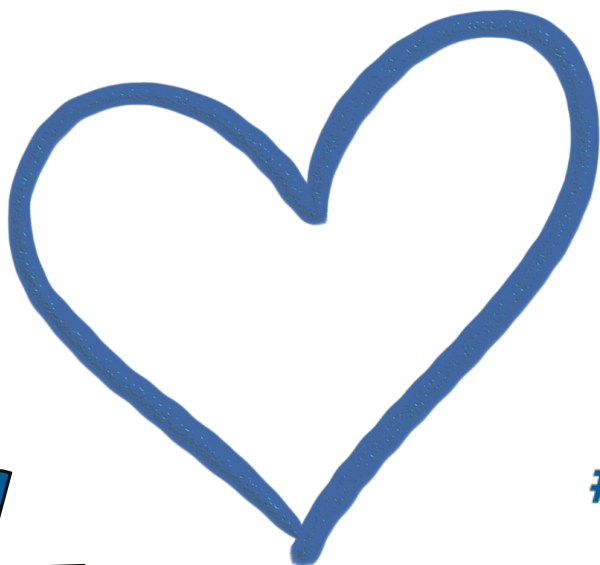
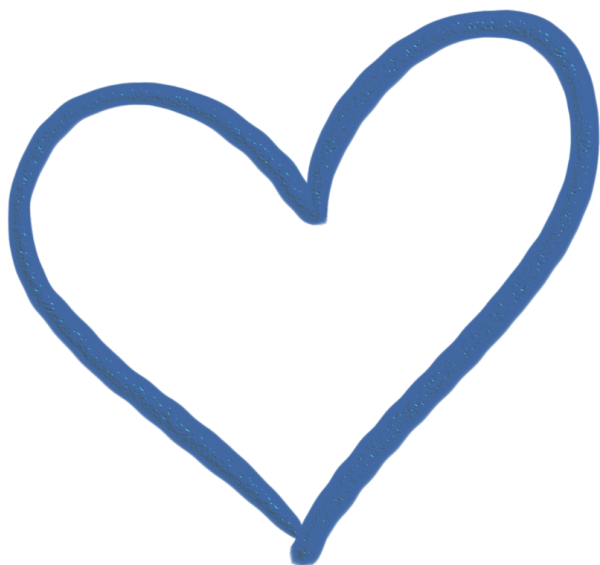
www.365give.ca



#Do1Give Day 



LITTLE GRATITUDE HEARTS



#Do1Give
Day 

www.365give.ca