

Live it. Love it

Gratitude Wall or Journal

All Ages 🕒 15 Minutes



Instructions:

- Start by decorating your notebook cover, or gratitude wall banner.
- Then write or draw into your journal, or onto sticky notes, different things that you feel grateful for.
- Talk or write about how you can use those things to help others.
- For example:
 - I'm grateful for my new game - I can share it with my sister
 - I go to the best camp - I can tell all my friends to join too
 - I'm Jewish - I can share Torah with my family

- Last but not least, hang the "Gratitude Wall" banner, and your sticky notes on your new Gratitude Wall.



Think About It

Tzedakah is the right (tzedek) thing to do. It is taking the gifts Hashem gave us and 'returning' them (like a library book), and passing them forward.

Throughout the summer, begin your morning or night by adding a page to your gratitude journal or wall. Write or draw ideas for how you can use the things you are grateful for to help others. Did you know that people who take the time to consciously focus on gratitude, are generally happier?

OVERVIEW

Make your very own Gratitude Wall and/or Journal to help reflect and record the things you are most grateful for.

SUPPLIES NEEDED

Gratitude Wall Supplies:

- An Empty Wall
- A Banner that reads "Our Gratitude Wall"
- Index cards or Sticky Notes
- Tape
- Markers

Gratitude Journal Supplies:

- A notebook
- Decorating supplies for the notebook cover including; colorful paper, glue, stickers, etc.
- Pen
- Markers

ONLINE RESOURCES

- Printable Gratitude Wall Banner



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Week 1
Monday

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