



Thankful, Thoughtful Thursday



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| Teach someone one of your talents. | Send a letter to a family member or a friend. | Plan a menu and invite your family to dinner. | Phone a relative you haven't spoken to for a while. |
| Draw hugs and kisses and hide them around the house. | Post a card or note to a neighbour to cheer them up. | Share your favourite treat with someone. | Offer to make your parents' or your sibling's bed. |
| Offer someone a makeover or hair styling. | Share or offer your toys for an hour! | Give at least ten compliments / make a list of ten things you are grateful for. | Watch the sunrise or the sunset and think about everything you are grateful for. |
| Make Chore tokens and hand out to your family to redeem. | Make a gratitude crown for your family and name the reason. | Leave compliments notes around the house. | Make someone favourite drink and/or snack. |

