






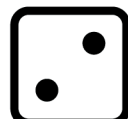






# PRACTICE GRATITUDE FOR LENT

## Daily Acts of Kindness for Families

Roll the dice and perform the act of gratitude or care in the corresponding square.

						
	Write a 5 star review for a favorite small business online	Send a handwritten note to a person who has always been there for you	Spend time cleaning your bedroom to create a calm retreat for yourself	Donate food to a food pantry	Leave a nice anonymous note for a friend or classmate to find	Offer one of your skills or talents to someone who needs a hand
	Send a thank you note and/or a drawing to your fire department	Practice something that you are learning how to do	Read a favorite book out loud together as a family	Send a note to someone who is grieving a loss	Everyone does a chore that someone else usually does	Pick up trash at a park or playground
	After dinner, everyone shares something kind they have done this week	Donate clothes to a local charity for families	Donate a few books to a little free library or the public library	Send a small e-gift card for a treat for anyone who could use a smile	Compliment the first three people you see tomorrow	Make a treat for a neighbor and deliver it personally
	Leave a coupon on the shelf next to the item in the grocery store	Offer to watch the children of a parent who could use a break	Write a thank you note, and deliver treats to your local police station	Fill a jar with 31 paper blessings and gift a month of kindness to someone	Give a book you loved reading to a friend who would like it too	Choose a family member to give a "feet up" night to where you do all their chores.
	Make a freezer meal to have on hand for anyone who needs it	Put flowers at a gravesite that doesn't have any	Buy a teacher a coffee or special drink as a thank you	Write a note of gratitude to your clergy member	Shop at a local small business or share their info on your social media	Make sure to tell another parent this week how much you enjoy their kids
	Donate items to a local animal shelter	Write a kind note to yourself and put it somewhere you will see it often	Make a fun family video message to send to someone who lives far away	Leave a painted rock with a kind message in the park for someone to find	Go for a family walk and everyone shares 5 things they are grateful for	Write to the manager of a great employee to brag on their customer service