SEASONAL ACTIVITIES · GRADES 6–12

The Gratitude Wall

Notice it. Name it. Share it. Act on it.

WORLD GRATITUDE DAY
SEPTEMBER 21
INDIVIDUAL OR GROUP

Gratitude is more than just saying thank you. It's taking time to notice the people, moments and things in our lives that make us happy. Even better, it can bring benefits we know youth need right now.

Practising gratitude is a simple, research-backed tool linked to greater happiness, better mental wellbeing and stronger relationships. And when you share gratitude with others, the positive impact can reach beyond you.

CHOOSE YOUR WAY

BUILD IT TOGETHER

Create a Gratitude Wall

Have a shared space? Create a place where people can add what they're grateful for and watch the gratitude grow.

DO IT YOURSELF

Take the 7-Day Gratitude Challenge

No shared space? Take one week to notice something you're grateful for every day and turn that gratitude into action.

OPTION 1 Build your Gratitude Wall

Your wall. Your way.

USE WHATEVER SPACE AND MATERIALS WORK FOR YOU. IT COULD BE:

A bulletin board · Large sheet of paper · Whiteboard · Window · Display board · Another space you're allowed to use

Make it simple or go all out. Add colour, drawings, photos, decorations or a theme. You decide what your Gratitude Wall looks like.

FOR THE GRATITUDE MESSAGES, USE:

The printable cards in this kit · Post-it notes · Pieces of paper · Your own handmade cards · Something completely different

NEED A PROMPT? Use these as inspiration.

A PERSON
Someone who has made a difference in my life...

A MOMENT
Something that happened that I'm grateful for...

SOMETHING I HAVE
Something I sometimes take for granted...

OUR WORLD
Something in my community, nature or the world I'm grateful exists...

Or write your own. There is no right way to be grateful.

INVITE PEOPLE IN

Put your wall somewhere people can contribute if appropriate. Tell them what it's for, provide something to write on and invite them to add their gratitude. Keep it up for World Gratitude Day, a week or as long as you want.

GRATITUDE → ACTION Don't let gratitude stop at the wall.

Grateful for someone? Tell them.

Grateful for something you have? Take care of it or share what you can.

Grateful for your community? Do something for it.

Grateful for the planet? Protect something you appreciate.

WORLD GRATITUDE DAY · SEPTEMBER 21

Add to the Gratitude Wall

Print them. Cut them out. Write on them. Add them to your wall.

OPTIONAL
CUT-OUTS

These cards are optional. Post-it notes, scrap paper or your own creations work just as well.

I'M GRATEFUL FOR...	**I'M GRATEFUL FOR...**
I'M GRATEFUL FOR...	**I'M GRATEFUL FOR...**
I'M GRATEFUL FOR...	**I'M GRATEFUL FOR...**
I'M GRATEFUL FOR...	**I'M GRATEFUL FOR...**

WORLD GRATITUDE DAY · SEPTEMBER 21

INDIVIDUAL

7-Day Gratitude Challenge

Notice it. Name it. Act on it.

No wall needed.

Each day for one week, notice one person, moment, place or thing you're grateful for. Write it down. Then find one small way to turn that gratitude into action.

WHAT DOES ACTING ON GRATITUDE LOOK LIKE?

Grateful for a friend? Tell them.

Grateful for your home? Do something to care for it.

Grateful for nature? Protect or care for a piece of it.

Grateful for someone who helps you? Thank them.

Grateful for something you have? Take care of it or share what you can.

THE 7-DAY CHALLENGE

DAY	TODAY I'M GRATEFUL FOR...	HOW I'LL ACT ON IT
1		
2		
3		
4		
5		
6		
7		

AFTER 7 DAYS

WHAT DID YOU NOTICE THAT YOU MIGHT NORMALLY OVERLOOK?

DID ACTING ON YOUR GRATITUDE CHANGE HOW IT FELT? HOW?

Gratitude helps us notice what's already good. Acting on it gives us a way to give some of that good back.