



# HOLIDAY ACTIVITIES & ENTERTAINMENT To Inspire GRATITUDE

Big Life Journal



# 10 GRATITUDE-INSPIRING FAMILY MOVIES

- ☐ 1 A Charlie Brown Thanksgiving - age 4+
- ☐ 2 Dr. Seuss' How the Grinch Stole Christmas - age 4+
- ☐ 3 Pollyanna - age 6+
- ☐ 4 Encanto - age 6+
- ☐ 5 Klaus - age 6+
- ☐ 6 Up - age 6 +
- ☐ 7 Onward - age 7+
- ☐ 8 The Mitchells vs. The Machines - age 8+
- ☐ 9 Kindness is Contagious - age 9+
- ☐ 10 It's a Wonderful Life - age 9+

\*Age recommendations provided by Common Sense Media



# TOP FAMILY ACTIVITIES TO INSPIRE GRATITUDE

TOP  
10

## Community Service Activities to Do Together

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Pick up garbage in your neighborhood or local park | <input type="checkbox"/> 6 Donate outgrown toys and clothes to children in need              |
| <input type="checkbox"/> 2 Donate socks to a local homeless shelter           | <input type="checkbox"/> 7 Decorate kindness cards to give out randomly                      |
| <input type="checkbox"/> 3 Foster a pet from your local animal shelter        | <input type="checkbox"/> 8 Visit an assisted living home and ask residents about their lives |
| <input type="checkbox"/> 4 Help an elderly neighbor with yard work            | <input type="checkbox"/> 9 Read to younger children at schools, libraries, or daycares       |
| <input type="checkbox"/> 5 Make art to thank your local firefighters          | <input type="checkbox"/> 10 Walk or run for a fundraiser                                     |

TOP  
10

## Ways to Count Your Blessings Together

- |  |   |
|--|---|
| <input type="checkbox"/> 1 Practice daily gratitude sharing at mealtime or bedtime | <input type="checkbox"/> 6 Participate in a gratitude challenge           |
| <input type="checkbox"/> 2 Notice and savor the small stuff                        | <input type="checkbox"/> 7 Take a gratitude walk                          |
| <input type="checkbox"/> 3 Write thank you letters                                 | <input type="checkbox"/> 8 Model thankfulness whenever possible           |
| <input type="checkbox"/> 4 Start a gratitude jar                                   | <input type="checkbox"/> 9 Find a penpal from a different culture         |
| <input type="checkbox"/> 5 Make gifts for community helpers                        | <input type="checkbox"/> 10 Practice turning complaints into appreciation |



# GRATITUDE-INSPIRING BOOKS

## FOR CHILDREN AND TEENS

### Children

- ☐ 1. Bear Gives Thanks by Karma Wilson
- ☐ 2. Here We Are by Oliver Jeffers
- ☐ 3. Last Stop on Market Street  
by Matt de La Pena
- ☐ 4. The Thank you Book by Mo Willems
- ☐ 5. The Thank You Letter by Jane Cabrera
- ☐ 6. Thank You, Mr Panda by Steve Antony
- ☐ 7. Our Table by Peter H. Reynolds
- ☐ 8. We Are Grateful: Otsaliheliga  
by Traci Sorell
- ☐ 9. Thank You, Omu! by Oge Mora
- ☐ 10. Those Shoes by Maribeth Boelts
- ☐ 11. Apple Cake: A Gratitude by Dawn Casey
- ☐ 12. Gratitude is My Superpower by Alicia Ortego
- ☐ 13. Circles All Around Us by Brad Montague
- ☐ 14. A New Day by Brad Meltzer
- ☐ 15. Spoon by Amy Krouse Rosenthal
- ☐ 16. My Heart Fills with Happiness  
by Monique Gray Smith

### Teens & Tweens

- ☐ 17. Wonder by R. J. Palacio
- ☐ 18. I Am Malala (Young Readers Edition)  
by Malala Yousafzai
- ☐ 19. Inside Out and Back Again by Thanhha Lai
- ☐ 20. Just Breathe by Mallika Chopra
- ☐ 21. Where the Mountain Meets the Moon  
by Grace Lin
- ☐ 22. The Chronicles of Narnia series  
by C.S. Lewis
- ☐ 23. Charlotte's Web by E.B. White
- ☐ 24. The Other Half of Happy  
by Rebecca Balcárcel
- ☐ 25. Hello Universe by Erin Entrada Kelly



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## Not sure if it applies to you?

Take a quick look at what's included based on your role:

 [For Schools & Educators \(PDF one-pager\)](#)

 [For Therapists & Mental Health Professionals \(PDF one-pager\)](#)

If you have any questions, email us at [support@biglifejournal.com](mailto:support@biglifejournal.com)

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– The Big Life Journal Team

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# Award-Winning Holiday Gifts

## For the Whole Family



"Just a week into his journal and I see how it has already changed my son's mindset!"

- V. Ramos



"The cards were a huge hit. My daughter was laughing and connecting!"

- Sarah Reeve



"As a therapist, I highly recommend these journals."

- Chris Russell

Confidence ✨ Growth Mindset ✨ Emotional Intelligence ✨ Adaptability ✨ Resilience

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