



Name: _____

30 DAY JELLY BEAN CHALLENGE

An activity of Gratitude

INSTRUCTIONS:

- 1) Cut and Colour 30 jelly beans
- 2) Write down 1 thing you are thankful for on a jelly bean. It can be anything – it can be about yourself, your life, things you enjoy, someone or something, etc. (WORD BANK BELOW FOR IDEAS)
- 3) Paste your jelly bean in your jar
- 4) Repeat everyday for 30 days

End Goal: You will have a completed jar full of gratitude and appreciation. Make it a keepsake, and on days that you need some extra help, read all your jelly beans!

Extra – Fill a jar of jelly beans for someone else – on each jellybean, write something you are grateful about that person.

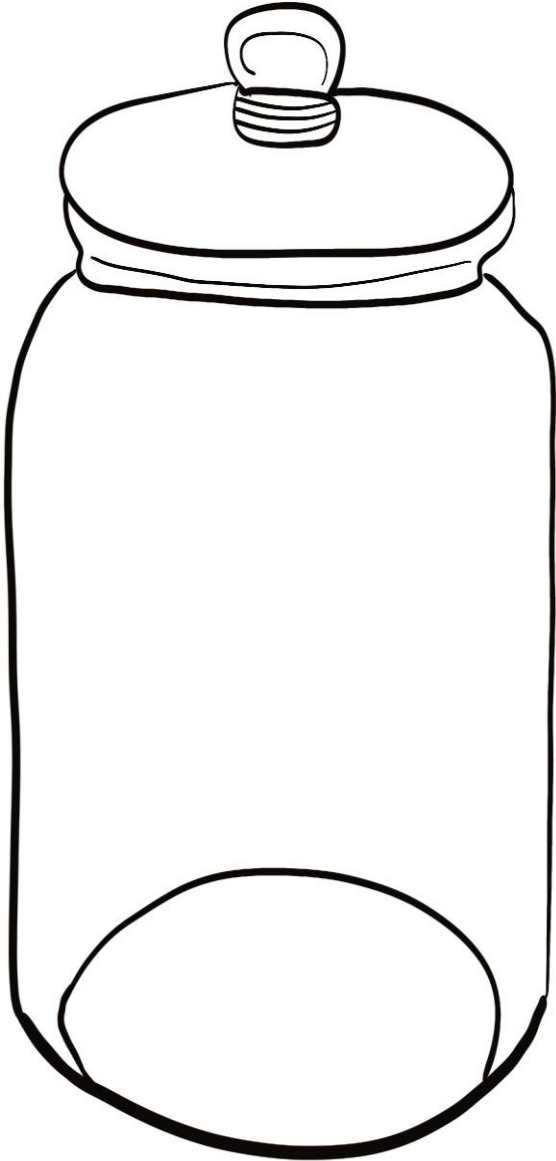
WORD BANK

KIND FUNNY HAPPY SMART STRONG BRAVE COURAGEOUS RESPECTFUL GREAT TALENTED CREATIVE
NICE WONDERFUL CALM EAGER LIVELY HELPFUL CARING FUN QUIET HONEST PEACEFUL LOVING
PASSIONATE CONFIDENT UNDERSTANDING POLITE PROUD UNIQUE FAMILY FRIENDS SISTER BROTHER
AUNT UNCLE COUSIN MOM DAD GRAND-MOTHER GRAND-FATHER PET HOME PARK VACATION
BEACH WATER FOOD PLANTS HEALTH LOVE CHOCOLATE HOT CHOCOLATE COOKIES PANCAKES
STRAWBERRIES PIZZA APPLES BANANAS BOOK MOVIE COLOURING PAINTING DRESS-UP PLAYING
HOCKEY SOCCER BASKETBALL FOOTBALL SWIMMING GOLF RINGETTE RUNNING WALKING GYMASTICS
SKATING VOLLEYBALL TENNIS HOLIDAYS SINGING DANCING KARATE PIANO GUITAR DRUMS SONGS
SCHOOL TEACHER DOCTOR NURSE VETRINARIAN CHEF POLICE FIREFIGHTER FARMER LIBRARIAN





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