Family Gratitude Practice Pack

Notice the help. Make room for every feeling.

For parents and caregivers of children ages 2½ to 6

Start with one small moment

You do not need a special occasion or a grateful-sounding answer. Choose a quiet moment, notice something someone did, and let your child respond in their own way.

1 Try it in five minutes

Choose one page from this pack. Use a pencil or crayons, or let an adult write what the child says. Stop whenever your child has had enough. You can return another day.

2 Go first

Name one specific thing you appreciated: "You moved your bag so I could sit down. That helped me." Keep it about the action, not whether someone is a good child.

3 Offer a choice

"Would you like to draw, tell me, point, or just listen?" A gesture, a few words or no response are all okay. There is nothing to score or finish.

4 Let feelings be mixed

A child can appreciate a person and still feel sad, tired or disappointed. Try: "You can miss home and enjoy seeing Grandma. Both can be true." Do not use gratitude to end a difficult conversation.

No prizes, streaks or required hugs. Children do not owe affection, a happy face or a performance of thanks.

Notice the helpers

Choose one everyday moment, such as finding a missing shoe or getting ready for a walk. Think together about the people who helped it happen.

1 An adult can begin

"You found your hat. I filled the water bottle. We both helped us get ready." Include the child's contribution without making them responsible for grown-up feelings.

2 Ask one question

"Who helped in a small way?" If the answer is "I don't know," offer your own example and leave it there.

Our everyday moment

Draw it or ask an adult to write a few words.

Someone helped by…

Notice an action, even one that was easy to miss.

I helped by…

Small contributions count. You may leave this empty.

This is a noticing page, not a chore chart. Nobody needs to earn care or pay someone back.

Two things can be true

Use a pretend situation first. Your child does not need to share a real worry to join in.

1 Try this together

"A toy bear liked playing with a cousin and felt sad when it was time to leave. What could we say to the bear?" Listen before offering your own words.

2 Words an adult can use

"You enjoyed the game, and goodbye feels hard." Or: "You wanted more time. I can stay close while you feel sad." There is no need to add "but you should be grateful."

Something I liked or appreciated

Draw, point or tell. A pretend example is fine.

Another feeling that was there

Happy, worried, tired, sad, excited... or your own word.

What would help now?

Company, quiet, a break, help with a task, or something else.

An adult handles safety and care. A gratitude activity is not a way to dismiss distress or solve every difficult feeling.

A family conversation to keep

Pick one prompt. Invite each person to answer, draw or pass. An adult can write the words below. This can happen on any ordinary day, not only at a holiday meal.

1 Choose a prompt

Who made something a little easier today? • What is one small thing you enjoyed together? • Was there help you noticed only afterward?

2 Model passing

"I'm going to listen this time." Let the conversation move on without returning to someone who passed.

A moment we want to remember

Use the family's own words.

One thing we might try next time

An invitation, not a promise or a test. Leaving this blank is okay.

Keep this page somewhere private if it includes names or personal feelings. Sharing it online is not part of the activity.

Keep practicing in small ways. Find more free activities at minimanners.com/resources/. Existing practice cards and coloring resources remain free.