

# GRATITUDE



## B I N G O

Witness someone doing a kind act for another person	Say “thank you” to someone who made your day easier	Spot a beautiful part of nature	Receive a smile from someone	Help someone with a task or chore.
Hear a song that makes you happy	Have a good conversation with a friend or family member	Notice something you’re grateful for in your home	Experience something that made you laugh	Feel proud of something you accomplished
Compliment someone and see their reaction	Someone thanks you for something you did	<b>FREE SPACE Gratitude is a choice - Make it a Great Day!</b>	Reflect on a moment that made you feel peaceful	Write down three things you’re grateful for today
Notice someone showing patience	Think of a positive memory from your past	Appreciate a quiet moment in your day	Eat or drink something you really enjoy	Realize how much you’ve learned or grown recently
Witness teamwork or collaboration	Notice someone sharing or being generous	Feel grateful for something small you usually overlook	Take a moment to enjoy the weather (whatever it may be)	Observe a leader in your life demonstrating gratitude

Carry your BINGO card with you this week and look for opportunities to mark off a box. When you get a full row you must yell “**BINGO**” wherever you are. Make sure to bring your card back to class.

