

Read Grateful All Ages



CHALLENGE DESCRIPTION

This November, practice an attitude of gratitude! Learn what gratitude is all about, practice expressing gratitude to yourself and others, and check out awesome book recommendations for all ages. Log your reading and complete activities to earn badges all month long.

CHALLENGE STRUCTURE

- 1 Registration Badge**
- 1 Completion Badge**
- 10 Logging Badges (Minutes)**
- 5 of Activity Badges**

ACTIVITY BADGES

Activity Badge Title:

What is gratitude?

Badge Description

Gratitude is the practice of appreciating the good we have in our lives, like people, things we receive or create, and experiences. It helps us think positively even when life doesn't feel so great. You can even express gratitude for difficult moments because they help you grow.

Activities

- What are some ways being grateful can impact your life? *(text box)*

Activity Badge Title:

Gratitude Jar

Badge Description

Every day, we can experience little moments to feel grateful. When we are having a tough time, it's easy to lose sight of all of the wonderful things we have in our lives.

Activities

- Start a gratitude jar! Use a simple mason jar (or shoebox or any sort of container) to store notes of gratitude. It can be something simple like "I'm grateful that I have socks," or "I'm grateful I can read!" Write down your note, fill your jar, and revisit your notes whenever you need to.

Activity Badge Title:

Gratitude Ritual

Badge Description

Take time each day to think about things, experiences, or people you feel thankful for. Making a daily practice out of this can help you feel better, even on hard days. Just spending two minutes a day can make a difference!

Activities

- Start your own daily gratitude ritual. Here are some tips to get started:
 - Stay committed: Choose a specific time of day and stick to it!
 - Make a journal. Write down what you're grateful for so that you can come back to it.

- Don't rush, be present. If it helps, set a timer so that you can stay in the moment.
- Be easy with yourself! It's okay if you miss a day—you can still keep going! The important part is in the *practice*.

Activity Badge Title:

Sharing is Caring

Badge Description

A great way to bring us back to the moment is to share with people around us.

Activities

- Spread the joy that gratitude can bring! If you feel comfortable, share something for which you're grateful with a friend or family member.

Activity Badge Title:

Book Recommendations

Badge Description

Check out our book recommendations for ways to bring more gratitude into your life! Books are organized by age group below.

Activities

- **0-6 Years Old**
 - "What is Given from the Heart" by Patricia McKissack (2019)
 - "Thanks a Million" by Nikki Grimes (Sept. 2021)
 - "The Thank You Letter" by Jane Cabrera (2019)
 - "Apple Cake: A Gratitude" by Dawn Casey (2019)
 - "This is a Gift for You" by Emily Winfield Martin (Sept. 2021)
 - "Penguin Problems" by Jory John (2016)
 - "May We Have Enough to Share" by Richard Van Camp (2019)
 - "The Thankful Book" by Todd Parr (2012)
- **7-12 Years Old**
 - "Thanku: Poems of Gratitude" by Miranda Paul (2019)
 - "White Bird: A Wonder Story" by R.J. Palacio (2019)
 - "Gracias/Thanks" by Pat Mora (2009)
 - "A Chair for My Mother" by Vera B. Williams (2007)

- “The Distance Between Me and the Cherry Tree” by Paola Peretti (2020)
- “Any Day with You” by Mae Respicio (2021)
- “Wink” by Rob Harrell (2021)
- “Dead Wednesday” by Jerry Spinelli (2021)
- “The Seventh Most Important Thing” by Shelley Pearsell (2016)
- “Balloons over Broadway: The True Story of the Puppeteer of Macy’s Parade” by Melissa Sweet (2011)
- “See You in the Cosmos” by Jack Cheng (2018)
- **13-18 Years Old**
 - “The Light in Hidden Places” by Sharon Cameron (Sept. 2021)
 - “Vincent and Theo: The Van Gogh Brothers” by Deborah Heiligman (2019)
 - “Every Falling Star: The True Story of How I Survived and Escaped North Korea” by Sungju Lee (2019)
 - “Yolk” by Mary H.K. Choi (2021)
 - “They Both Die at the End” by Adam Silvera (2018)
 - “The Inexplicable Logic of My Life” by Benjamin Alire Saenz (2018)
 - “Miracle’s Boys” by Jacqueline Woodson (2000)
 - “The Scar Boys” by Len Vlahos (2015)
- **18+ Years Old**
 - “Gratitude” by Oliver Sacks (2015)
 - “Between Two Kingdoms: A Memoir of a Life Interrupted” by Suleika Jaouad (2021)
 - “Life from Scratch: A Memoir of Food, Family, and Forgiveness” by Sasha Martin (2015)
 - “Things We Lost to the Water” by Eric Nguyen (2021)
 - “Whale Day: And Other Poems” by Billy Collins (2020)
 - “The Rise: Black Cooks and the Soul of American Food” by Marcus Samuelsson (2020)
 - “The Beauty in Breaking” by Michele Harper (2021)
 - “This Close to Okay” by Leesa Cross-Smith (2021)
 - “My Ex-Life” by Stephen McCauley (2019)