Daily Dad GRATITUDE

Ages 6–8

A DAILY DOSE OF DADDY

DOSE 5 OF 365

How do you feel today? Circle yours · Dad ★ yours

Good things are all around. Find them!

Gratitude scavenger hunt (find each one with Dad. Check it and write or say what you found.)

- ☐ Something that makes you laugh — I found: _____
- ☐ Something someone made for you — I found: _____
- ☐ Something that helps you learn — I found: _____
- ☐ Something you use every day — I found: _____
- ☐ Something outside you like — I found: _____
- ☐ A person who helps you — I found: _____
- ☐ Something that keeps you safe — I found: _____
- ☐ Something old you still love — I found: _____

Write a thank-you note

Dear _____

Thank you for _____

It made me feel _____

From _____

Draw a picture for them

☆ Star it if it's a keeper!

LET'S TALK: What's something you have that you're glad about?

1. **Dad goes first.** Tell a real one: "I'm glad we have dinner together."
2. **Kid goes second.** Share your best find from the hunt.

DAD JOKE OF THE DAY

What did one plate say to the other?

Lunch is on me!

Kid(s): _____ Dad: _____ Date: _____

Wise Words: *"Think not so much of what thou hast not as of what thou hast"* — Marcus Aurelius