

Daily Dad GRATITUDE

Ages 9–12

A DAILY DOSE OF DADDY

DOSE 5 OF 365

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



Notice what you already have.

Gratitude scavenger hunt (find each one, check it, and write what you found)

Did you know? In a 2003 study, people who wrote down things they were thankful for each week, for 10 weeks, felt better about their lives than people who wrote about hassles.

- ☐ Something that took a lot of work to make
  Found: _____
- ☐ Something you'd miss if it were gone
  Found: _____
- ☐ Something that came from a farm
  Found: _____
- ☐ Something a family member taught you to use
  Found: _____
- ☐ Something that makes home feel cozy
  Found: _____
- ☐ Something that helps you feel better
  Found: _____
- ☐ Something that reminds you of a good memory
  Found: _____
- ☐ Something you could share with someone
  Found: _____

Thankful for each other

Dad, I'm thankful you _____

Kid, I'm thankful you _____



LET'S TALK: What's something you have that you usually don't notice?

1. **Dad goes first.** Go first: "Hot water. I forget how lucky that is."
2. **Kid goes second.** Share yours, then your best hunt find.

DAD JOKE OF THE DAY ?

What kind of key opens a banana?

A mon-key!

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

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