

Gratitude Walks Project



Description: Take time to develop your “attitude for gratitude,” and feel happier and healthier as you put practicing gratitude into action.

Time to Complete: 5-10 minutes daily for a week

Supplies Level: Light

Tags: 3rd – 5th Grade , Gratitude, Developing Character

“Gratitude and attitude are not challenges; they are choices.”

— Robert Braathe

Steps to Complete

Step 1: Watch “What is Gratitude?” video, which can be accessed at <https://youtu.be/T5Umo80x9og>.

Step 2: To strengthen your gratitude muscles, try taking a gratitude walk every day for a week and see if you notice that you are appreciating more and more of your life. With practice you’ll feel happier each day! Before your first walk, print out one cover sheet and seven of the Gratitude Walk Observation Sheets below. Color the cover sheet and then staple it to the top of your seven observation sheets.

Step 3: Go outside with an adult and take a five-minute walk. While on the walk, write down everything you see, hear, smell or experience for which you are grateful. Write these on the first page of your gratitude booklet. See if you can fill the page!

Step 4: Repeat for the next six days and see if you notice being happier. Now that you’ve started, keep going! Try practicing gratitude every day for five minutes.



We’d love to know what you thought of this project. Be sure to go back to the project page on Inside Out Club @Home and leave a review!



My Gratitude Walks

"Attitude of Gratitude"

A large rectangular area with a dashed blue border, intended for writing or drawing. The border is composed of thick blue dashes and small blue dots.

This belongs to: _____

Gratitude Walk Observation Sheet

See if you can fill the entire sheet on each five-minute walk.

Date & Time of Walk:
