

A photograph of two young children holding hands and spinning in a grassy field during the golden hour of sunset. The child on the left is a toddler in a red sweater, and the child on the right is a slightly older child with long hair, wearing a light-colored top. The background is a soft-focus green field with trees, and the sky is a warm, golden glow. A semi-transparent reddish-brown rectangle is overlaid on the center of the image, containing the text.

Grateful Hearts
raising kids
to appreciate
blessings



Raising
HER FAITH

CULTIVATING GRATITUDE

Through Simple Practices

Teach Them to Say “Thank You”



Start with the basics: encourage your child to express thanks regularly. Praise them when they show appreciation, making gratitude a habit.

Model Gratitude in Your Own Life



Kids learn by watching you so be intentional in modeling gratitude rather than complaining. Encourage your children to focus on what they have, rather than what they don't. Limit complaining and offer solutions when frustrations arise.

Point Out God’s Goodness in Everyday Moments



Teach your kids to recognize God’s blessings by pointing them out in everyday life. Whether it’s a beautiful sunset, a kind friend, or a family dinner, show them how God's provision is evident.

Help Them See Beyond Material



Teach your children to appreciate the non-material things in life—like relationships, time together, and the love you share as a family. Explain that gratitude isn't just about what we have, but the love and grace that surround us.

Show How Gratefulness Leads to Generosity



Gratitude isn't just about saying thank you—it's about showing it through actions. Take time as a family to serve others, whether it's volunteering, sending a thoughtful note, or donating to those in need.

LET'S ASSESS

How will you rate the following:

1. I encourage my child to express gratitude regularly.

(Example: Saying "thank you" to others, appreciating what they have.)

1 2 3 4 5

2. I model gratitude in my own actions and words.

(Example: I limit complaints and express appreciation for people and blessings.)

1 2 3 4 5

3. My family practices gratitude together.

(Example: We regularly share what we're thankful for in a family activity.)

1 2 3 4 5

4. I help my children recognize God's blessings in everyday life.

(Example: Pointing out God's provision in moments of nature, relationships, or during struggles.)

1 2 3 4 5

5. We talk about giving and sharing with others.

(Example: We volunteer, donate, or help others as a family to teach the joy of giving.)

1 2 3 4 5

6. I encourage my children to focus on what they have rather than what they want.

(Example: We have spending boundaries or budgets and encourage thankfulness for what's been provided.)

1 2 3 4 5

7. I regularly say thank you to my children for the things they do and who they are.

(Example: Praising them for helping, for their kindness, or their hard work.)

1 2 3 4 5

8. We regularly pray together as a family, thanking God for specific blessings.

(Example: Saying a prayer at meals or before bed, or during family devotions.)

1 2 3 4 5

9. I provide opportunities for my children to practice generosity.

(Example: Giving them a chance to donate toys, time, or resources to those in need.)

1 2 3 4 5

10. I encourage my children to reflect on the good things in their life, even during tough times.

(Example: Teaching them to find silver linings or focus on God's faithfulness in challenges.)

1 2 3 4 5

SCORING GUIDE

How did you do?

spoiler: those kids are great and so are you!

40-50 POINTS:

PLANTING SEEDS OF GRATITUDE NEVER LOOKED SO EASY!

30-39 POINTS:

YOU'RE ON TRACK! FOCUS ATTENTION ON ONE AREA.

20-29 POINTS:

MAKING PROGRESS! ADD A LITTLE INTENTION TO TWO AREAS.

BELOW 20 POINTS:

EVERY STEP IS LEADING TO IMPACT!

CHOOSE ONE OR TWO AREAS TO WORK ON FIRST.

Little changes can lead to big impact!

When focusing on gratitude, kids can begin to see God's hand in every part of life, even in the smallest things. Studies have shown that grateful children are more positive, compassionate, and resilient, carrying these benefits into adulthood. But beyond that, gratitude aligns us with God's purpose—reminding us to “give thanks in all circumstances” (1 Thessalonians 5:18).



GRATEFULNESS PROJECT:

The Gratefulness Project is designed to help parents and children reflect on what they're grateful for and develop habits of thankfulness. It's a simple activity that can be done in just a couple minutes a day, around the dinner table, in the car, or on the couch. As in all of my family challenges, this one is simple and will combine family bonding with faith-based values. Remember my belief, discipleship does not have to be complicated to make an impact!



Where does Jesus call us to gratitude?

You can draw attention to many places in the Bible, but let's highlight two:

In Luke 17:11-19, Jesus heals ten lepers, but only one returns to thank Him. Jesus highlights the importance of gratitude by saying, "Were not all ten cleansed? Where are the other nine?" His response shows that thankfulness is noticed and valued by God.

In Matthew 15 When Jesus feeds the 5,000, He begins by giving thanks. Before multiplying the loaves and fish, He thanks God, showing us that gratitude precedes abundance.

THE INSPIRATION

I've been that parent who has wondered "Am I raising grateful kids?" and "Am I modeling gratefulness myself?" We can get really caught up on the day-to-day stressors so much so that we forget the blessings we have. Teaching gratitude is about fostering a heart of appreciation that can truly transform our perspective. The Gratefulness Project encourages us to think about the things, people, and moments we are grateful for and to understand that gratitude is a response to the blessings God has given.

IS THIS A SET UP?

I'm not here to set some impossible standard or checklist for you to follow. I actually hate those 'standards' that are placed on mothers and children.

The goal isn't to create a "must-have" list for gratitude that, if unmet, makes us feel like we're falling short as parents, or we have ungrateful kids. Nor is it about a once-a-year "thankfulness box" that gets checked off in November only to be forgotten the rest of the year. Instead, think of this as a chance to pause, reflect, and check-in on our lifestyle of gratitude.

For those of us focused on intentional parenting year-round, the holidays can be a natural way to spotlight these values in a way that feels meaningful. Let's use this season as a "heart check"—an opportunity to make thankfulness a rhythm in our homes, not just a holiday task.

OKAY, LET'S GO!

For 10 days you are invited to reflect on one of the 10 Gratitude Prompts provided. Your goal is to open up a conversation and help kids (and yourself) think through different areas of gratitude, from family and friends to nature and simple joys.

THE GRATEFULNESS PROJECT

Prompts

Family Connections: What are you thankful for about your family?

Friendship Joys: Who is a friend you're grateful for, why?

Creation: What is something beautiful in nature you love?

Kindness: Think of a time when someone was kind to you. How did it make you feel?

Daily Provision: What's something you use every day that you're grateful for?

Fun Times: What was a fun moment that you are grateful to have experienced?

Lessons Learned: What's something new you've learned that you're thankful for?

Talents and Abilities: What is one of your talents, and why are you grateful for it?

Faith: What is something about God that you feel thankful for?

Simple Joys: What's something small but meaningful that brings you happiness?

Ready for another simple
method to big impact?



take the
7 day
family
challenge

