Club Member Ideas

Thankfulness Board

Katie J. from Elyria, OH, submitted her idea for a Thankfulness Board. Here is what Katie J. had to say:

"At the beginning of the new year, one of my goals was to be more grateful for the things I have in life instead of focusing on the things I selfishly want. As a visual person, I decided the best way to remember the things I'm grateful for is to set up some sort of system to keep track of my many blessings in life."

Shop at Dollar Tree – Here's What You'll Need:

- Two Sheets of Brightly Colored Poster Board
- A Pack of Sticky Notes
- Permanent Marker
- · Colored Pencils, Crayons, or Markers
- Tape

Easy Step-by-Step Directions:

- 1. On one poster board use your crayons, pencils, or markers to write the question, "What are you thankful for?" in BIG, bright letters.
- 2. Attach both poster boards to a wall with tape. Make sure you use a wall that you see often, such as the kitchen or TV room.
- 3. Every day (or multiple times a day) take the permanent marker and write down at least one thing you are thankful for on the sticky note.
- 4. Attach the thankful thoughts to the blank poster board.
- 5. At the end of each month take down all of the sticky notes (be sure to re-read them as you take them down) and start fresh again for the next month!

Fun Tip:

 Save all of your sticky notes and on Thanksgiving or New Year's Eve, read ALL of the blessings you have had over the entire year!

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