

The background features a light gray base with large, soft-edged orange shapes. On the left, there is a faint, stylized illustration of a leafy branch. A bright yellow wavy line curves across the bottom of the page.

table talk: showing gratitude

A Balanced Alternative LLC



table topics

WHAT MAKES ME GRATEFUL
FOR ME?

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SHOWING GRATITUDE
TOWARDS OTHERS

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FIVE SENSES OF GRATITUDE

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I AM THANKFUL FOR...

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USING TABLE TALK

Each night at the dinner table or any time your family is all together, complete these table talk activities to teach gratitude. These activities are meant to be a fun way to get everyone involved in thinking about what we are grateful for during this holiday season. Have fun!

Even if your little ones are too small to answer on their own, you can answer based on the gratitude you have for them each day



What makes me
grateful for me?

What personality trait are you grateful for?

- » Make sure everyone at the table understands what a personality trait is. Give examples to get your littles thinking (i.e. funny, kind, friendly).
- » Have everyone say which personality trait about themselves, they are most grateful for.
- » Once everyone has said their trait, talk about how each person might have said different traits, but how each trait is just as important
- » Let your children know how important it is to appreciate what makes them special



What skill are you grateful for?

- » Talk about different skills that you might use on a daily basis. Skills you use every day, skills you are just learning, skills you use during specific times of day. There are so many different skills to choose from.
- » Have everyone say which skill about themselves, they are most grateful for.
- » Once everyone has said their skill, talk about how each skill is used on a daily basis. Where do you use the skill? How often do you use this skill? Where did you learn this skill? Who helped you with this skill?
- » Talk to your children about how different people might be better at different skills than others and that is okay!



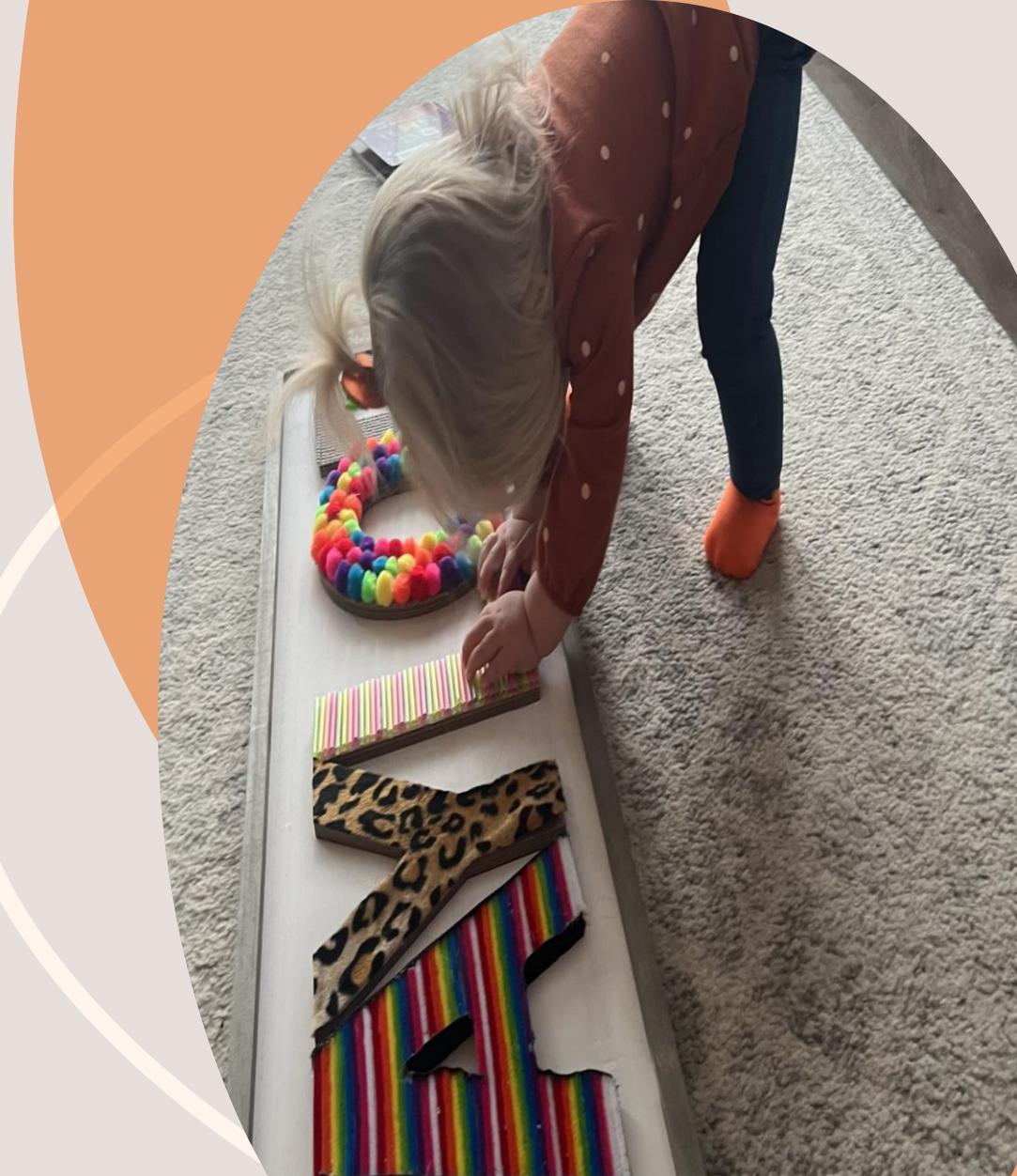
What interest are you grateful for?

- » Talk about how everyone has different interests. We might share interests with some people and have completely different interests from others
- » Have everyone say which interest of theirs, they are most grateful for.
- » Once everyone has said their interest, talk about what you enjoy most about that interest
- » Have everyone think of ways you can incorporate everyone's interests into fun activities for your family or friends!



What challenge are you grateful for?

- » Talk how has their own challenges no matter how big or small
- » Give your littles some examples of challenges you have been through or accomplished
- » Have everyone talk about a challenge they are currently working through
- » Once everyone has said their challenge, talk about what you can do to work through each challenge
- » Have everyone think of ways they might be able to help each other with the different challenges!



What strength are you grateful for?

- » Talk about how everyone has different strengths. We might have the same strengths as some and completely different strengths from others
- » Give examples of strengths and make sure to provide a variety
- » Have everyone say which strength of theirs, they are most grateful for.
- » Once everyone has said their strength, talk about how you use that strength in your daily lives
- » Have everyone think of ways you can use your strength to help others!



What accomplishment are you grateful for?

- » Talk to your little ones about what it means to accomplish something and examples of accomplishments they might be proud of
- » Let them know accomplishments can be big or small. Some might take a short time to accomplish others might take several days or months
- » Once everyone has said their accomplishment, talk about what you went through to get to the end result
- » Talking about the steps can add to the gratitude of everyone's accomplishments!



What are you most grateful for?

- » Reflect on some of the things everyone in the family has been grateful for in the past week
- » Let your littles know what they are “most” grateful for can be something they have said on one of the other days of the grateful challenge or it can be something new.
- » Talk about how it can be hard to pick just one thing to be grateful for and that is okay. Everyone is more than welcome to name a few things they are grateful for!
- » Have fun with this one! It is a chance to really reflect on what great things are happening in your life and what your family finds important!





Showing
gratitude
towards others

I am grateful for you because...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » Have the parents start to provide examples for your little. Using the starter tell each person in your family why you are grateful for them
- » It can be something big or small, something that happens all the time or happened just today
- » This is a way to get your littles thinking about how they can be grateful for everyone around them and what it is that they love about their family members.
- » Try it with your friends too!



You make me smile when...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » This one is a great way to teach your littles that sometimes it is the little things in life that can mean the most
- » Think about your day and come up with something that made you smile and still makes you smile thinking about it
- » It can be about anyone you encountered in your day. Maybe someone brought you coffee, gave you a compliment, held the door for you.
- » Try it with your friends too! This one is meant to put a smile on everyone's faces!



I really like when...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » This is a great way to think about experiences you have done as a family and/or with friends
- » Think about different vacations you have been on or traditions you have built as a family
- » It can be somewhere you go for an extended period of time or just a day trip
- » Try it with your friends too!



I am grateful we get to...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » Maybe there is a vacation you always go on as a family or you littles know they always get to have a movie night on Friday
- » Maybe there is something special you do with each one of your littles that is making a bigger impact on them than you realize (Mommy/Daddy date, birthday surprise, etc.)
- » Try it with your friends too! This one is meant to think about all the things you do together!



It is fun when...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » What fun things have you done or created with your littles in mind (building forts, family Halloween costumes, Saturday morning pancakes, crafting together, game night, etc.)
- » This one is meant to get you thinking about the little things you do as a family that make a huge impact
- » Go around the table and have everyone talk about what fun things they like to do and then maybe plan the next time you will do these activities as a family
- » Try it with your friends too!



You are so good at...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » This one is a great way to get compliments moving around the dinner table
- » Have everyone take turns going around the table and telling each family member what they are good at
- » It is bound to make the entire family feel good when they hear all the good things about them and what their family loves
- » Try it with your friends too! This is an easy way to put a smile on everyone's faces!



The best thing about you...

- » Use this as a conversation starter at the dinner table, in the car, before bed, anytime your family is together
- » Here is another one that can be big, small, or in between
- » As our last “table talk” topic for Showing Gratitude Towards Others, let’s put the biggest smile on everyone’s faces yet!
- » Again have your family go around the table and tell each member what they best thing about them is
- » Have fun with this one, even if some of the answers are silly! It will get everyone laughing!
- » Try it with your friends too!





Five senses of
gratitude

Think of something you like to listen to

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have your littles think of something they like to listen to or a sound they love
- » Give them examples of sounds they might hear everyday that are special to them
- » Maybe there is a certain song they love, a calming noise that helps calm them down, a certain noise they like during the holidays, theme songs, instruments, there are so many things we hear each and every day to be grateful for



Think of something you like to look at

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have your littles think of something they like to look at
- » Give them examples of things they might see or look at every day
- » Maybe there is a color they love and like finding things in that color, a certain book, a picture of a loved one or friend, a TV show, something outside, a place to go and look around
- » Your eyes see so many things each day, so there is so much to be grateful for!



Think of something you like to smell

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have your littles think of a smell they love
- » Give them examples of smells they are exposed to each day or ones that are special to certain occasions
- » Maybe there is a certain smell they love during the holidays, one specific to season, a favorite food that smells great while cooking, a candle, scratch and sniff stickers, something outside, a favorite dessert
- » If it something specific to the season or holiday try finding a time to incorporate these smells into a family tradition or outing!



Think of something you like to taste

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have your littles think of something they like to taste
- » Maybe there is a special treat that they only get to have everyone once in a while, their favorite food, a restaurant with their favorite appetizer or dessert, maybe it is something that is a holiday tradition in your family
- » As a family try planning the next time each family member will get to enjoy their favorite taste!



Think of something you like to touch

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have your littles think of something they like to touch or play with
- » Give them examples of all the things they touch and feel throughout the day
- » Maybe they love sensory play and there is a certain sensory box or item, a favorite toy they love playing with and touch to maneuver, a certain stuffed animal they love to sleep with, warm jammies at the end of the day, petting their dog when they get home, getting a hug from Mommy or Daddy



Gratitude scavenger hunt

- » This week is all about embracing our senses and showing gratitude through things around us
- » Use this fun resources to go on a scavenger hunt with the whole family!
- » See how many you can find and how everyone's answers and finds might be a little bit different from one another
- » Talk about all of the things you found on your hunt and why you are grateful for them!
- » Try this with friends too!



Gratitude jar

- » This week is all about embracing our senses and showing gratitude through things around us
- » Have each member write someone on each color popsicle stick and place it in the jar
- » At dinner take turns pulling out a popsicle stick, reading what it says, and how it makes you grateful
- » It doesn't matter if you pull or own stick our not, it is supposed to be fun and keep you thinking about all there is to be grateful for
- » Try guessing who's stick you pull each time!





I am thankful
for...

I am thankful for.. [person]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of someone they are thankful for
- » This can be someone in your family, a friend, a teacher, celebrity, etc.
- » Once they have named their person have them give three reasons why they are thankful for that specific person



I am thankful for... [place]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of a place they are thankful for
- » This can be a place they go to all the time, a special vacation home, a certain person’s house, a state, a store, etc.
- » Once they have named their place have them give three reasons why they are thankful for that specific place



I am thankful for... [thing]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of a thing they are thankful for
- » This one is meant to encompass all that we use in our everyday lives! This can be anything, big or small
- » Once they have named their thing have them give three reasons why they are thankful for that specific thing



I am thankful for... [activity]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of an activity they are thankful for
- » This can be a group activity, individual activity, a sport they play, something at school, at home, etc.
- » Once they have named their activity have them give three reasons why they are thankful for that specific activity



I am thankful for... [memory]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of a memory they are thankful for
- » This can be a memory they get to experience each year, a one time trip, something that just happened, or happened a long time ago
- » Once they have named their memory have them give three reasons why they are thankful for that specific memory



I am thankful for... [experience]

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » Have your littles think of an experience they are thankful for
- » This can be a place you visit, something they get to do on a special occasion, something they get to do with family, friends, etc.
- » Once they have named their experience have them give three reasons why they are thankful for that specific experience



I am thankful...

ABC activity

- » As we get closer to Thanksgiving, we will be using the “I am thankful for...” prompt
- » As we finish up our “Table Talk” use this activity to reflect on all that your family is thankful for and can continue to be thankful for
- » Depending on the ages of your learners or their abilities, you can have them do this activity individually or altogether
- » If you have them complete it separately, once everyone has completed their activity, have everyone share as a family
- » Hope you all had fun with our “Table Talk” and were able to create some quality family together while completing it!





thank you

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