



Give Thanks: 50 Gratitude Activities & Games

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This nature- and community-centered self-help activity book for youngsters introduces gratitude as a continual, life-giving practice. It suggests that being grateful can begin the moment you wake up, and can extend into each moment of your day. Here, gratitude requires mindfulness and curiosity: I-Spy and counting games, attentive walks, thoughtful interactions with others, and celebratory art projects are among its suggested methods. The book's cheerful pastel and geometrical illustrations contribute to the sense that gratitude is easy, and accessible, no matter what your age.

MICHELLE ANNE SCHINGLER (November / December 2021)

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