March activity calendar

Tell your family why you're grateful for them.



Say thank you to a friend at school.



Share what it feels like for you to be welcomed (or not).



Give thanks for your favorite spot at home.



Make art with found objects.



Say thank you to vour teacher.



your community where you feel welcomed.



Invite a favorite friend over to play this weekend.



Help a family member with a chore without being asked.



Give thanks for your favorite toy.



Move your body & give thanks for how strong you are!



either outside or inside.



Say thank you to a staff person at school.



Give thanks for your favorite meal you eat at home.



Draw a picture of your friends.



Give thanks for migration - welcome birds back by making a feeder for them.



Work on a puzzle with someone you're grateful for.



Support a group in your community that offers welcome to those in need.



Share a way you

could welcome

others.

Try box breathing.



Share your favorite way to play inside.



Give thanks for your pet (or a pet you love).



Say thank you to someone doing a chore at your house.



Share a treat with a friend at lunch.



all the spring things you're grateful for.



Make bracelets for your friends.



Gratitude is a journey...come journey with UTO and EMM this Lent.

This calendar begins with Ash Wednesday and goes through Easter to help families spend a little time each day during Lent reflecting with gratitude on the world around us. The calendar is broken into the themes listed below to help you not only reflect with gratitude on the things that you engage with each day, but also to take time to play, make art, and enjoy the changing seasons. We hope that this calendar will bring joy and encourage you to reflect and share with one another.





a family member.



















in nature.



play with you who is

being left out.

Listen to your favorite song & dance!



Give thanks for your favorite thing playing outdoors. to do at home.







Create a story about the character something you were above...is it an Easter Candy Monster?



Send a thank you card to a family member far away.







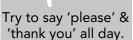




game with you.

grateful to see.

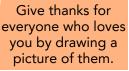






Give thanks for your favorite animal by you're most grateful learning something for at school. new about them.







Compliment a friend.



your family celebrates Easter.



Welcome Jesus! What new gratitude practice or welcoming activity from Lent will you continue after Easter? Be sure to let us know!



Looking for more resources for your family?

The United Thank Offering (UTO) has free seasonal resources to help families that want to live more grateful lives. This Lent, we offer resources for adults via the QR code to the left. You can also find resources for fall, Thanksgiving, and Christmas at www.unitedthankoffering.com. We offer a free STEAM based Vacation Bible Camp called Waves of Gratitude that families can use for fun activities during the summer or for congregations to offer to their communities. Can't find what you're looking for? Feel free to reach out for help - hmelton@episcopalchurch.org. Thanks for inviting us on the journey with you.



Episcopal Migration Ministries (EMM) offers educational resources, book discussion guides, and worship materials for those interested in learning more about refugee resettlement and what we can do to welcome our newest neighbors. For children and youth, we have compiled recommended books and movies to help guide your conversations around forced migration and the experiences of those who have been displaced. To learn more, visit episcopalmigrationministries.org/resettlement or use the QR code to the left.

















