

A Gratitude Pumpkin



Gratitude increases happiness, and November is the perfect month to be grateful! Create a family gratitude pumpkin by writing something you are grateful for as a family (or take turns individually) each day of November on a pumpkin's rib. You can use a real pumpkin and a Sharpie marker, or you can use our pumpkin! On Thanksgiving, spend time reflecting back on each day's gratitude!

Our Gratitude Pumpkin

