04 APRIL 2027

A Month of Gratitude

Nature. Notice one good thing a day.

MARCH 2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAY 2027

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Step outside and name one thing you like	2 Look at one tree for a full minute	3 Notice a flower on your way	4 Listen to birds for one minute
5 Feel the sun or the wind on your skin	6 Thank the rain, even if it is wet	7 Pick up one leaf and look at it closely	8 Notice the color of the sky now	9 Thank the plants that give us food	10 Look at the clouds for five minutes	11 Walk in a park or by water
12 Notice how the air smells today	13 Thank the sun for the light this morning	14 Sit under a tree for ten minutes	15 Notice something that is growing	16 Thank the farmer who grew your food	17 Look for three kinds of green	18 Listen to the sound of water
19 Notice the moon or the stars tonight	20 Plant or water one plant	21 Take a photo of something natural	22 Thank the soil, the sun and the rain	23 Walk on grass or sand, if you can	24 Notice the shape of one leaf or flower	25 Watch an insect or a bird for a minute
26 Smell the air after rain	27 Thank nature for one thing it gave you	28 Notice how the light changes in one hour	29 Bring something natural home	30 Write what nature gives you		