02 FEBRUARY 2027

A Month of Gratitude

People you love. Notice one good thing a day.

JANUARY 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

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				

MON	TUE	WED	THU	FRI	SAT	SUN
1 Tell someone close why you are glad they exist	**2** Write down three people who helped you grow	**3** Thank a family member in person or by message	**4** Say thank you to a friend for something small	**5** Think of a person who believed in you	**6** Call someone you love and say thanks	**7** Write a card to someone and hand it over
8 Tell a friend one thing you value in them	**9** Remember a meal you shared and loved	**10** Notice how a loved one makes your day easier	**11** Thank someone who is always there	**12** Write about a person who taught you kindness	**13** Say thank you to a parent or carer	**14** Share a happy memory with someone
15 Presidents' Look at an old photo and say thanks	**16** Send a message to someone far away	**17** Notice a small act of care from someone	**18** Thank someone for listening	**19** Write what you like about your best friend	**20** Surprise someone with a small thing	**21** Thank someone who forgave you
22 Tell a child something you love about them	**23** Say thanks to someone who gave you advice	**24** Notice how someone made you laugh	**25** Thank a neighbor for something	**26** Write three kind words someone said to you	**27** Hug someone and mean it	**28** Make a small gift by hand