



Ollie's 21-Day Gratitude Challenge

Small Moments

Thankful Hearts

Brighter Days

A BYC BOOKS
A FAMILY ADVENTURE



Welcome, Friend!



Hi there! I'm Ollie!

I'm a cheerful golden pup who loves discovering everyday blessings. I believe that even the smallest moments can make a big difference in how we feel.

I'm so happy you're here for this
21-Day Gratitude Challenge!

★ Together we'll notice the good things, show kindness, and find joy all around us.

Let's do this!
– Ollie





Meet Pip!



This is Pip!



Pip is my best friend.
Pip loves to write, draw,
and help us come up
with ideas.



Pip and I are here
to encourage you
every step
of the way!



You'll Need!



This journal



A pencil or crayons



Your imagination



An open heart





What Is Gratitude?



Gratitude means noticing the good things in our lives and feeling thankful for them.

Some days are big...



Birthdays



Family time



Winning a game



Special surprises

Some days are small...



Sunny mornings



Pretty flowers



Yummy snacks



Kind friends

Every day has things to be thankful for.

Let's find them together!



How the 21-Day Challenge Works

1

Read each day's idea.

2

Write or draw your answer.

3

Talk about it.

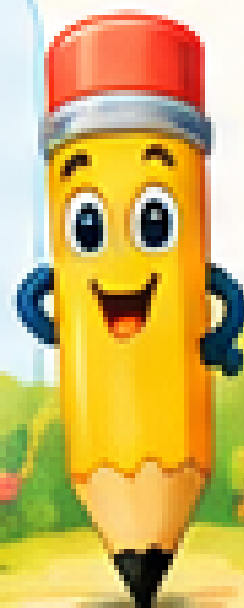
4

Try the fun extra challenge when you see it!

There are no wrong answers.

Your journal is **YOURS!**

Have fun, be yourself,
and enjoy the adventure!





Let's Get Ready!



Before we begin our 21-day adventure,
let's think about you!

My name is _____

I am excited about _____

Something I hope to learn is _____

I want to be better at _____

I will feel proud if _____



You've
got this!



Day 1

Today I Am Thankful For...

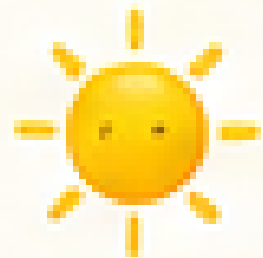


Look around. What is something that makes you smile today? It might be your favorite toy, a good one, or the sunshine!



I am grateful for: _____

Draw a picture of it!



Ollie's Tip: Gratitude is hiding in little places!



Day 2

Someone Who Helps Me



Think about someone who helps you.
Maybe it's a parent, teacher,
grandparent, or friend.
How do they make your day better?

I am grateful for: _____

Draw a picture of them!



Ollie's Tip: Saying "thank you"
makes people feel good!



Day 3

My Family



Families come in many shapes and sizes. Who makes your family special?

I am grateful for: _____

Draw your family!



Olle's Tip: Family is one of life's biggest gifts!



Day 4

The Beauty Around Me



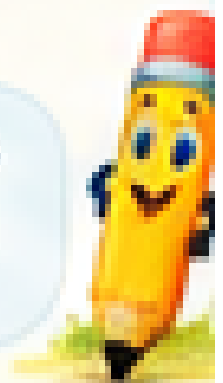
Look outside. What beautiful things do you see? Clouds, flowers, trees, birds, the sky, or something else?

I am grateful for: _____

Draw something beautiful!



Ollie's Tip: Nature helps
makes amazing feel good
really!



Day 5

Home Is a Special Place



Home is where we laugh, learn,
and feel loved. What makes your
favorite thing about your home?

I am grateful for: _____

Draw your favorite place
at home!



Ollie's Tip: There's no
place like home!



Day 6

A Favorite Meal



Think about something delicious
you've eaten. Who made it?
How did it make you feel?

I am grateful for:

Draw your favorite meal!



Ollie's Tip: Good food
nourishes our bodies
and our hearts!



Day 7

My Friends



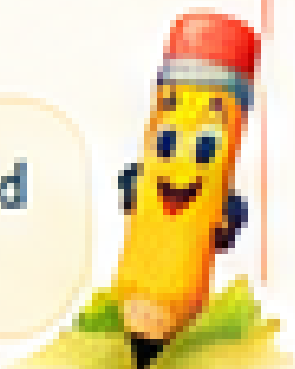
Friends make life brighter!
What do you like most about
your friends?

I am grateful for:

Draw a picture of your friends!



Ollie's Tip: A kind friend
is a treasure!



Day 8

Learning Something New



What is something new you
have learned or would like
to learn?

I am grateful for: _____

Draw or write about it!

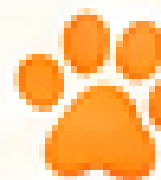


Ollie's Tip: Every day
is a chance to learn
and grow!



Day 9

Animals



Think about an animal you love
— or any animal that makes
you smile.

I am grateful for: _____

Draw your favorite animal!



Ollie's Tip: Animals
bring so much joy
to our lives!



Day 10

Kindness



What is a kind act someone has done for you? You can also write about a time you were kind to someone else.

I am grateful for: _____

Draw a picture of kindness!



Ollie's Tip: A little kindness can make a big difference!



Day 11

My School (or Place I Learn)



Think about school, a teacher,
or a place where you learn
something new.

I am grateful for: _____

Draw your school or learning place!



**Ollie's Tip: Learning helps
us discover our gifts!**



Day 12

Something That Makes Me Laugh



What is something that makes you laugh? It could be a person, pet, joke, or a silly moment.

I am grateful for: _____

Draw a picture of it!



Ollie's Tip: Laughter is a wonderful gift!



Day 13

A Special Memory



Think about a happy memory.
It could be a trip, a holiday,
or a simple day that was special.



I am grateful for: _____

Draw a picture of your memory!



Ollie's Tip: Happy memories
remind us of God's many
blessings!



Day 14

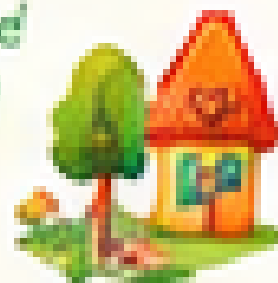
My Community



Think about your neighborhood, your church, or your community. What do you appreciate about it?

I am grateful for:

Draw something you love
about your community!



Ollie's Tip: We all make
our communities brighter!



Day 15

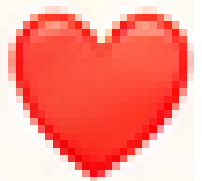
Health and How I Feel



Think about your body and all
the things it helps you do.

I am grateful for: _____

Draw something you can do!



Ollie's Tip: Take care of
yourself — you are a gift!



Day 16

Challenges That Help Me Grow

Even difficult times can teach us something. What is a challenge you have faced that made you stronger or braver?

I am grateful for: _____

Draw a picture or write about it!



Ollie's Tip: You are braver
than you know!

Day 17

People Who Keep Us Safe



Think about people who keep you safe, such as family members, teachers, doctors, or helpers in your community.

I am grateful for: _____

Draw a picture of someone who keeps you safe!



Ollie's Tip: There are many caring people in your life!

Day 18

The Season We Are In

Every season has something special to enjoy. What do you like about this season?

I am grateful for: _____

Draw something you love
about this season!



Ollie's Tip: Each season
brings its own blessings!



Day 19

My Talents and Gifts



What is something you are good at? It could be a hobby, a talent, or a special way you help others.

I am grateful for: _____

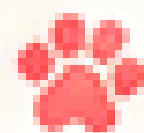
Draw something you are good at!



Ollie's Tip: You are unique and special!

Day 20

A Brighter Tomorrow



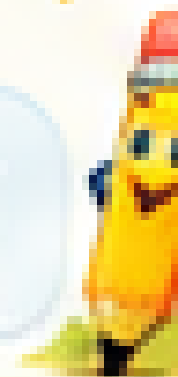
What are you looking forward to?
It could be a trip, a special event,
or something you hope to do.

I am grateful for:

Draw what you are looking forward to!



Ollie's Tip: Tomorrow
is full of possibilities!



Day 21

My Top Ten Gratitude List



Look back at your 21 days.
Write or draw your top ten
favorite things to be grateful for!

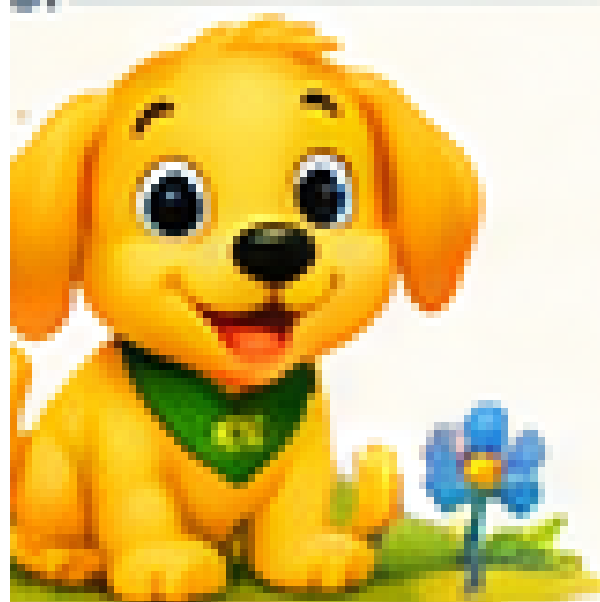
1. _____

2. _____

3. _____

4. _____

5. _____



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

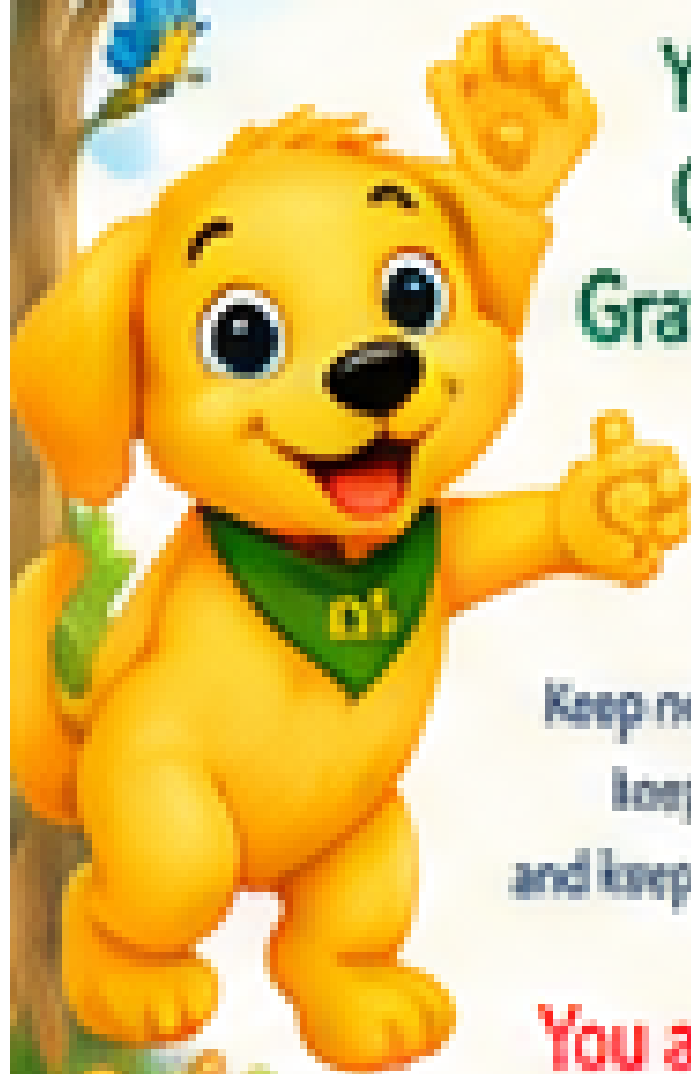
8. _____

9. _____

10. _____



You Did It!



You completed
Ollie's 21-Day
Gratitude Challenge!



Keep noticing the good things,
keep showing kindness,
and keep gratitude in your heart!

You are amazing!

