31 DAYS OF OCTOBER GRATITUDE

www.SocialWorkersToolbox.com

1. What made you smile today?
2. Who are you glad to have in your life?
3. What food are you glad exists?
4. What is the best thing about your home?
5. What made you laugh recently?
6. What can your body help you do?
7. Who was kind to you today?
8. What cool thing did you see outside?
9. What helps you rest and relax?
10. What can you do now that was once hard?
11. What sound makes you happy?
12. What keeps you warm on a cold day?
13. Who can you count on for help?
14. What toy or game are you glad you have?
15. Who do you have fun with?
16. What amazing thing can you find in nature?
17. What is something great about YOU?
18. What was the best part of today?
19. Who would you like to thank?
20. What smell makes you go "Mmm!"?
21. What cool thing have you learned?
22. What tiny thing made today better?
23. Where do you love spending time?
24. What is great about October?
25. What do you enjoy doing with people you care about?
26. What is one good thing about school?
27. What happy memory are you glad you have?
28. What book, show or story makes you happy?
29. What is something you have that you really enjoy?
30. What everyday thing would you really miss?
31. What was your best October treat?

Free social work resources

www.SocialWorkersToolbox.com

1 See our website www.socialworkerstoolbox.com for more FREE resources.

- Worksheets
- Direct work tools
- Guides & Booklets
- Assessment resources
- Videos
- Storybooks

2 Follow us to stay up-to-date.

Social Work Tools and Resources - Free; Socialworkerstoolbox.com

socialworkersfreeresources

Social Workers Toolbox.com - Free Social Work Resources

3 Please respect our work.

©EDITA STIBOROVA (2026) ALL RIGHTS RESERVED.

This printable PDF resource may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to the content.

You may not upload this resource to your own website, social media page, social media group, file-sharing platform, or any other online location.

You may share a link to www.SocialWorkersToolbox.com from your website, social media page, or group. You may also share our resources directly from our Facebook, Instagram, or Pinterest pages using the platform's share function.

We regularly monitor websites, social media, and file-sharing platforms for unauthorised copies of our resources and take action to protect our copyright.

FREE PDF DOWNLOAD

31 Days of October Gratitude

31 Days of October Gratitude is a child-friendly autumn gratitude calendar containing one reflection question for every day of the month. The prompts explore kindness, friendships, home comforts, favourite activities, nature, helpful people and positive memories in language that younger children can understand.

Families, primary teachers, school pastoral staff and children’s practitioners can use it for daily chats, circle time, journalling, drawing activities or individual wellbeing sessions. Having a different question each day gives children a manageable structure for sharing what they value, remember and enjoy.