



Gratitude

Magical Moments

What you'll need:

- Time together as a family.
- Photos.

What to do:

- 1** As a family, take turns to share your top three magical moments of your life and explain why they're top of your list. Examples could include: wedding day, birth of a child, moving into a new house, getting a new pet, etc.
- 2** Continue around the table until everyone has shared their top three life moments or memories.
- 3** If possible, get out some old photos to show the family of the magical moments that were discussed and relive the memories. You could even create a family photoboard!
- 4** Discuss how remembering these moments is like a happiness superpower. It helps us to focus on and appreciate all the good things and times in our lives.
- 5** Turn the idea of 'magic moments' into a monthly gratitude practice by inviting each family member to share their top three moments from the month.

