

The Gift of a Day

Gratitude & Noticing Mini Packet

Inspired by the poem *The Gift of a Day*
from Good Tidings

Small
moments
make big
differences.

Creative Activities
to Help Children Notice
the Small, Good Things
in Everyday Life

Noticing

Gratitude

Kindness

Happier Days

Noticer
Appreciator
Happier Me



Notice
Small Moments



Build
Gratitude



Grow
Kindness



Be More
Present



Find Joy
in Ordinary Days

Good Tidings, where reading feels like fun.

Start Here

The Gift of a Day A Gratitude Activity Packet

This packet is inspired by the poem
The Gift of a Day from Good Tidings.
It helps children notice the small, good things
in everyday life and celebrate why ordinary days matter.

Small
moments
make big
differences.

What's Inside?

- ♥ Read & Talk Prompts
- ♥ The Good Thing Chain Reaction
- ♥ Gratitude Photographer Without a Camera
- ♥ The Gift Nobody Wrapped
- ♥ One Ordinary Day (culminating activity)
- ♥ Family Connection: The 3-Minute Good Tidings Challenge
- ♥ Teacher Guide (Standards & Skills)

Learning Goals

- ★ Notice and appreciate small, everyday moments
- ★ Build gratitude and a positive mindset
- ★ Develop descriptive and narrative writing skills
- ★ Make personal and real-life connections
- ★ Strengthen empathy, kindness, and perspective
- ★ Encourage meaningful conversations at home and in class

Key Skills

- ✓ Observing details
- ✓ Descriptive & narrative writing
- ✓ Cause and effect thinking
- ✓ Perspective taking
- ✓ Gratitude and mindfulness
- ✓ Creative thinking and illustration
- ✓ Oral communication
- ✓ Making real-life connections

How to Use This Packet

- 1 Read the Poem**
Enjoy *The Gift of a Day* together as a class.
- 2 Explore the Activities**
Use the pages in order or choose a few favorites.
- 3 Discuss & Reflect**
Invite students to share their thinking, ideas, and illustrations.
- 4 Extend the Learning**
Use the Family Connection page and extension ideas to keep the conversation going.

Even ordinary
days are filled
with little gifts
if we take
time to notice
them.

Ideal For

- ☐ Whole class lessons
- ☐ Small group discussions
- ☐ Writing centers
- ☐ Morning work or SEL time
- ☐ Substitute plans
- ☐ Home-school connection



Tip!

There's no right or wrong answer.
The goal is to help children slow
down, look for the good, and
see how small moments can
make a big difference.

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Read & Talk

The Gift of a Day

A story about noticing the small, good things that make each day

Use these prompts to spark meaningful conversations before, during, and after reading *The Gift of a Day*. Choose a few favorites or use them all!

Thoughtful questions help children look closer, think deeper, and connect the story to their own lives.

Before Reading

Set a purpose, make connections, and get curious!

- ★ Look at the title. What do you think *The Gift of a Day* might be about?
- ★ What does the word gift make you think of?
- ★ What are some small, everyday things that make a day feel good?
- ★ How do you think this story might make you feel?
- ★ What is something good that happened to you today?

While Reading

Pause and think about what's happening, the author's message, and the details.

- ★ What small moments does the poet notice?
- ★ Which parts make you smile?
- ★ Which line or part stands out to you? Why?
- ★ How does the poet show appreciation for everyday things?
- ★ What feelings do you notice in the story?
- ★ What do the illustrations add to the poem?
- ★ Can you find a part that reminds you of your own life?

After Reading

Think deeper, make connections, and carry the message forward.

- ★ What do you think the main message of this poem is?
- ★ Why do you think the poet calls a day a gift?
- ★ What is one small thing you might notice more after reading this?
- ★ How can noticing the good things change the way you feel?
- ★ How can small, kind actions make a bigger difference?
- ★ What is one way you could bring more gratitude into your daily life?
- ★ What is your favorite line or part? Why?



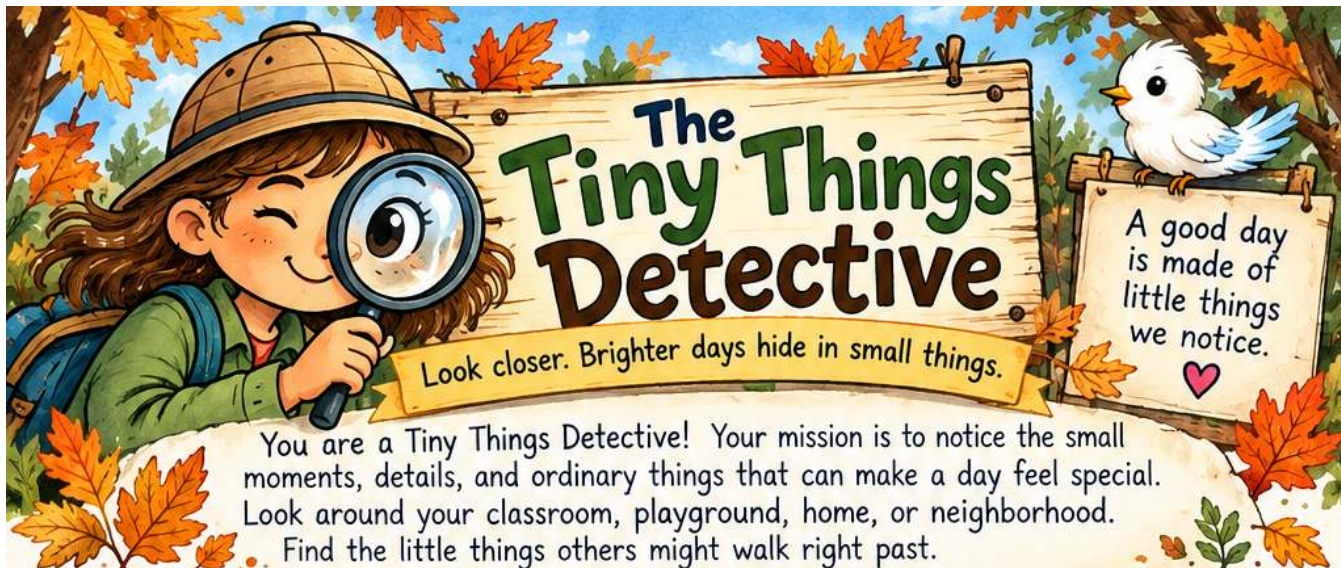
Same Day.
New Perspective.
More Good Things.

Turn & Talk

Invite students to share their thinking with a partner, small group, or the class.

- ♥ What is one small, good thing from today that you almost didn't notice?
- ♥ Which part of the poem do you relate to most?
- ♥ How do you think the story connects to your own life?
- ♥ What is one way you can help someone else notice a good thing today?

Good Tidings, where reading feels like fun.



1 Something beautiful I almost missed...

What did you notice that was quiet, small, or easy to overlook?

2 A sound that made the day better...

What did you hear that you liked or that made you feel good?

3 Something that made me smile...

What did you see, experience, or remember that brought a smile to your face?

4 Something someone did for me...

What did someone say or do that was kind, helpful, or thoughtful?

5 Something ordinary that I'm glad exists...

What is a simple, everyday thing that makes life better?

6 My tiniest good thing of the day...

What is the smallest thing you noticed that still made your day a little brighter?

Detective Reminders:

- ☐ Look closely.
- ☐ Notice with all five senses.
- ☐ Even small things matter.
- ☐ Be a kind and curious observer.
- ☐ Details help tell the story!

Reflection:

What did you learn about noticing today?



Name: _____

Ordinary or Treasure?

Sometimes the everyday is extraordinary when we notice it.

Look again. Ordinary things can be gifts.

What looks ordinary could actually be a gift. It's all about how we see it!

Directions: Look at each ordinary object or moment. Think about how it could actually be a gift. There is no one correct answer! Write or draw to explain why it can make a day special.

1

A pencil



How could a pencil be a gift?

2

Clean socks



How could clean socks be a gift?

3

A glass of water



How could a glass of water be a gift?

4

Recess



How could recess be a gift?

5

A tree



How could a tree be a gift?

6

Someone holding the door



How could someone holding the door be a gift?

7

A pet waiting at home



How could a pet waiting at home be a gift?

8

A favorite chair



How could a favorite chair be a gift?

9

Hearing your name called kindly



How could hearing your name called kindly be a gift?

Good Tidings, where reading feels like fun.

Name: _____



Build a Better Day



No Money Allowed

You have zero dollars and one day.
Your challenge is to make somebody's day better.
What will you do?



You can't use money, but you can use...

- ♥ Attention
- ♥ Kindness
- ♥ Humor
- ♥ Help
- ♥ Time
- ♥ Encouragement
- ♥ Creativity
- ♥ Companionship

1

Who?

Who will you do something nice for?



2

What will I do?

What will you do to make their day better?



3

Why might it matter?

Why do you think this could make a difference in their day?



4

How will I know it helped?

What might you see, hear, or feel that lets you know it made their day better?



My Plan

Put it all together! Write or draw a quick plan for your Better Day idea. You can also add pictures.



Reflection



How did it feel to plan a way to make someone's day better?

What did you learn?

How could you do this again?

Good Tidings, where reading feels like fun. ♥

Name: _____



The more
we notice,
the more
we find to be
grateful for. ♥

The Gratitude Zoom Lens

Look closer. There's more to see. ♥

Start with
something broad.
Then keep
zooming in.
The more specific
you get, the more
meaningful it
becomes! ♥

Example



1 Zoom Out
(Broad)



I'm grateful
for my family.



2 Zoom In
(Why?)



Someone
packed my lunch.



3 Zoom Closer
(More specific)



They remembered
I like strawberries.



4 Zoom In Again
(How it made
me feel)



It made me feel
remembered. ♥ ♥ ♥

Your Turn!



1 Zoom Out (Broad)

What are you grateful for?



2 Zoom In (Why?)

Why is it special? What happened?



3 Zoom Closer (More specific)

What little detail makes it even more meaningful?



4 Zoom In Again (How it makes you feel)

How does it make you feel?



Final Writing:

I thought I was grateful for _____

When I looked closer, I realized I was really grateful for _____

Good Tidings, where reading feels like fun. ♥

Name: _____

Catch a Golden Beam



Look for the bright spots in your day!

Good things are all around us — sometimes we just have to notice them! ❤️

During the day, when you notice something unexpectedly good, kind, funny, helpful, or beautiful, write it on a golden sunbeam. It can be a big moment or a small one!











Look for the moments that make a day brighter. Big or small — they all count! ❤️

Good Tidings,
where reading feels like fun. ❤️



Catch a Golden Beam

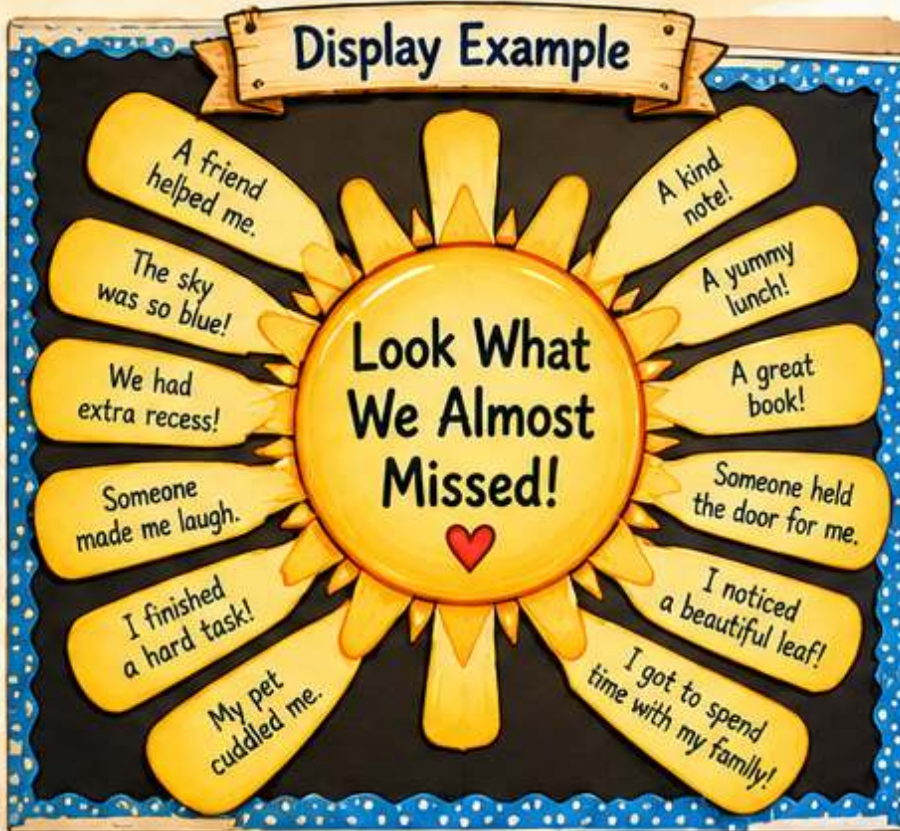
Classroom Display

At the end of the day, combine everyone's sunbeams around one big classroom sun. Together, you'll create a beautiful reminder of all the good things you almost missed!

How It Works:

- 1 Give each student a few golden sunbeam templates (page 1).
- 2 During the day, when they notice something unexpectedly good, write it on a sunbeam.
- 3 At the end of the day, collect the sunbeams.
- 4 Attach everyone's sunbeams around a large sun on a bulletin board or wall.
- 5 Step back and read the bright moments together! ❤️

Display Example



Tips & Ideas:

- ★ Use the sunbeams all week and add to your display.
- ★ Invite students to draw a quick picture instead of writing.
- ★ Talk about how noticing good things can help us feel happier and kinder.
- ★ This activity works for any season! ❤️



Reflection:

- ❤️ What did you notice about all the sunbeams together?
- ❤️ How did it feel to share the good things from your day?
- ❤️ What might you have missed if you weren't looking for the bright spots?

Good Tidings, where reading feels like fun. ❤️

Name: _____



Look around
with your senses
today. There are
good things
hiding in
plain sight! ♥

Gratitude Through the Five Senses

Notice more. Appreciate more. ♥

Even ordinary
moments can be
extraordinary
when we really
notice them.



Think about a moment from your day (or a favorite time) that felt good, kind, funny, peaceful, or special. What did you notice? Use your five senses to write about it.
You don't need to use all five!



I saw...



I heard...



I smelled...



I touched
or felt...



I tasted...



Now, Turn It Into a Poem!

Use your sensory details to write a short poem about this moment.
You can write in any style — rhyming or not.
Let your words show what made it special!



Ideas to Get You Started:

- ✿ A walk outside
- ✿ A snack you enjoyed
- ✿ Time with a friend or family member
- ✿ A cozy place
- ✿ Something that made you smile
- ✿ A surprise
- ✿ A moment of kindness
- ✿ A change in the weather
- ✿ A small, happy moment

Good Tidings, where reading feels like fun. ♥



Name: _____



Something that feels ordinary to you might be special to someone else.



Somebody Else's Gift of the Day

Small Moments. Big Impact.

What could it be?



Choose a person and imagine what small moment might brighten their day.



A small moment can brighten someone's day more than we know.



1 Choose a Person

Pick someone to think about.



Younger sibling



Grandparent



New student



Bus driver



Teacher



Neighbor



Friend



Someone else:

2 Think About It

What is something that might feel ordinary to you but could be special or meaningful to this person?

3 Imagine the Moment

Describe the small moment. What happens? How might it make their day brighter?

4 Write a Short Poem or Message

Use your ideas to write a few lines about this special moment. You can rhyme or not — just let your words show how it could make their day!



Kindness Notices.
Kindness Brightens Days.



Good Tidings, where reading feels like fun.

Name: _____

The Good Thing Chain Reaction

Small Moments Can Make a Big Difference! ♥

♥ Even a small, ordinary moment can start a chain reaction of good things.
Look at the example below, then create your own!

One kind moment can lead to many more good moments! ♥

Example Chain Reaction

1. A small moment happens.



Someone invited Maya to play at recess.

2. It affects one person.



Maya feels included and happy.

3. That person then does something.



Maya helps someone in class.

4. It keeps going!



That person feels encouraged and includes someone else.

5. A bigger impact!



Now even more people feel included, kindness spreads, and the day is brighter for many!

Now It's Your Turn! ♥

Think of one small, positive event. Then predict what might happen next. Fill in the boxes to create your own chain reaction of good things!
You can draw pictures, write words, or do both!

1. A small moment happens.

2. It affects one person.



3. That person then does something.



4. It keeps going!

5. A bigger impact!



Big changes can start with small moments. ♥

Good Tidings, where reading feels like fun. ♥



Name: _____



Good things are everywhere — if we take time to notice them. ♥

Gratitude Photographer

Without a Camera ♥

Look for a small, ordinary moment that felt good, special, kind, funny, or peaceful. Then answer the questions and draw your word photograph.



You're a photographer today, but your camera disappeared! Use your words and imagination to take a "word photograph" with your heart. ♥

1



What would be in the picture?

2



What's happening?

3



What tiny detail would the camera catch?

4



Why would you want to remember it?

My Word Photograph ♥

Use colors, details, and your imagination to bring your moment to life! ♥

Good Tidings, where reading feels like fun. ♥



Name: _____



Gifts aren't just things. Kindness, time, and support can be some of the most valuable gifts of all. 

The Gift Nobody Wrapped

Some of the best gifts can't be wrapped. 

It might have been time, patience, help, encouragement, forgiveness, a joke, advice, a hug, being included, being listened to, or something else.



Think of something someone gave you that couldn't be wrapped. 

Ideas to Get You Thinking:

 Time

 Patience

 Help

 Encouragement

 Forgiveness

 A joke

 Advice

 A hug

 Being included

 Being listened to

 Something else?

Where is it? 

From: 

The Gift: 

Why it mattered: 

You can write about a real person or invent a fictional example if you prefer. 



Good Tidings, where reading feels like fun. 

Name: _____

One Ordinary Day

Choose a completely ordinary day and look for one small good thing you noticed during each part of the day. It might be something you saw, heard, felt, did, or someone did for you.

Morning



School / Daytime



Afternoon



Evening



Bedtime



"If I hadn't been paying attention, I might have missed . . ."





Family Connection

The 3-Minute Good Tiding Challenge

A simple way to notice the good things in everyday moments — together.

Small moments make big happier days.



The Challenge

At dinner, in the car, or before bed, everyone answers this question:

What was **one tiny** good thing from **today**, that you almost didn't notice?



♥ At dinner ♥



♥ In the car ♥



♥ Before bed



A Few Ideas to Get You Thinking

- | | |
|------------------|-----------------------------|
| ★ A kind word | ★ A good song |
| ★ A funny moment | ★ A cozy moment |
| ★ A pretty tree | ★ A smile |
| ★ A yummy snack | ★ A chance to try something |
| ★ A helpful hand | ★ A moment of quiet |

♥ No Writing Required! ♥

This is just a quick conversation to notice and appreciate the small, good things in everyday life.



Share (Optional)

The next day, children can choose to share the most interesting answer they heard from someone in their family. ♥

Good Tidings, where reading feels like fun. ♥



Teacher Guide

The Gift of a Day Activity Packet

Standards • Skills • Implementation Ideas

Small moments make big differences.

KINDNESS

GRATITUDE

A BRIGHTER PERSPECTIVE

HAPPIER DAYS

About This Packet

These activity pages are inspired by *The Gift of a Day* from Good Tidings. They help students slow down, notice the good, and recognize how small moments can make a big difference. The activities build important skills while encouraging gratitude, empathy, positivity, and a greater appreciation for everyday life. ❤️

What's Included

- Somebody Else's Gift of the Day
- The Good Thing Chain Reaction
- Gratitude Photographer Without a Camera
- The Gift Nobody Wrapped
- One Ordinary Day (culminating activity)
- Family Connection Page
- Teacher Guide (this page)

Key Themes & Big Ideas

- Noticing small, everyday moments
- Gratitude and appreciation
- Kindness and positive choices
- How small actions can have a big impact
- Perspective and mindfulness
- Building stronger relationships
- Finding joy in ordinary days

Standards Alignment



English Language Arts (ELA)

- Write narratives and descriptive pieces (W.2–5)
- Use details to develop experiences and events
- Engage in collaborative discussions (SL.1–5)
- Build vocabulary and use precise language (L.1–5)



Social Emotional Learning (SEL)

- Self-awareness and self-management
- Social awareness and relationship skills
- Responsible decision-making
- Practice empathy, gratitude, and perspective



Character Education

- Gratitude
- Kindness
- Respect
- Empathy
- Community and belonging



Other Connections

- Health / Wellness: Positive mindset
- Speaking & Listening: Sharing and reflecting
- Visual Arts: Illustration and creativity

Skills Students Develop

- Observing details
- Descriptive and narrative writing
- Cause and effect thinking
- Perspective taking
- Empathy and kindness
- Gratitude and mindfulness
- Creative thinking and illustration
- Oral communication
- Making real-life connections

How to Use This Packet

- 1 Read the Poem** — Enjoy *The Gift of a Day* together as a class.
- 2 Choose Activities** — Use individual pages, a few favorites, or the full set.
- 3 Discuss & Reflect** — Invite students to share their thinking and illustrations.
- 4 Extend Learning** — Connect to real-life situations, classroom routines, or school-wide kindness initiatives.

Differentiation Ideas

- Provide drawing options for reluctant writers.
- Offer sentence starters or word banks.
- Allow sharing in pairs, small groups, or whole class.
- Invite students to create fictional examples if they prefer.
- Adapt for different grade levels with more or less writing as needed.

Optional Extensions

- Create a class "Good Things" display.
- Start a daily or weekly gratitude share.
- Use as a writing center or morning work.
- Connect to kindness or mindfulness lessons.
- Pair with read-alouds about gratitude and perspective.

Good Tidings, where reading feels like fun. ❤️