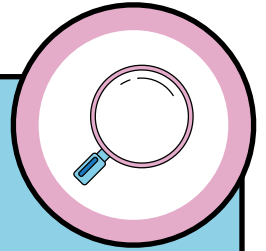


Noticing the Unnoticed: Magnify your Gratitude!

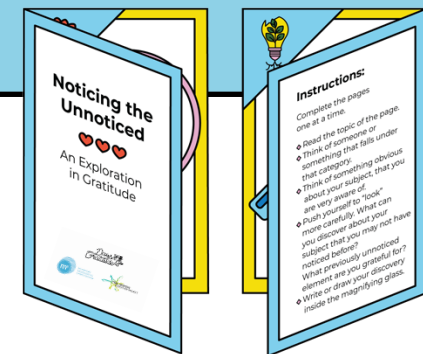


In times of crisis and stress, we tend to focus our attention on the fear, stress and anxiety, making it more difficult to notice the good around us. If we don't see it, of course we cannot appreciate it!

In this activity we invite you on a journey to notice the unnoticed, to help us uncover and notice things around us, thereby enabling us to express gratitude towards them.

Instructions

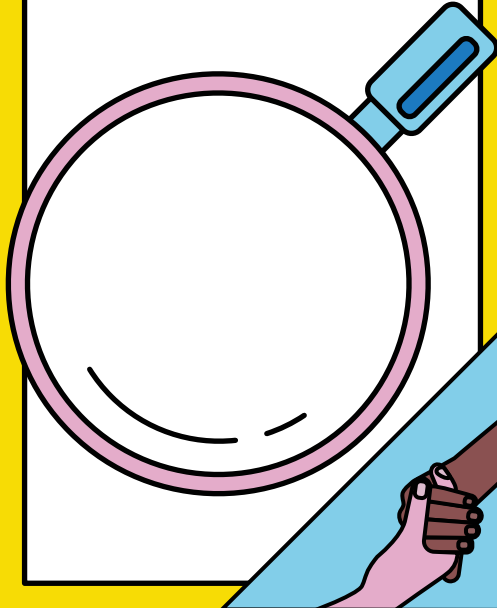
1. Download the file and print the page on your printer
2. Follow [these instructions](#) to fold it into a small booklet. You will need a pair of scissors.
3. Complete the pages one at a time. This activity can be done as an activity at your Thanksgiving gathering, or over time — during the course of the day or a week. You may choose to send it to your guests to complete in advance of your gathering and then share the results when you come together.
 - Read the topic of the page
 - Think of someone or something that falls under that category.
 - Think of something obvious about this person or thing that you are very aware of.
 - Push yourself to “look” more carefully. What can you discover about your subject that you may not have noticed before? What previously unnoticed element are you grateful for?
 - Write or draw your discovery inside the magnifying glass.



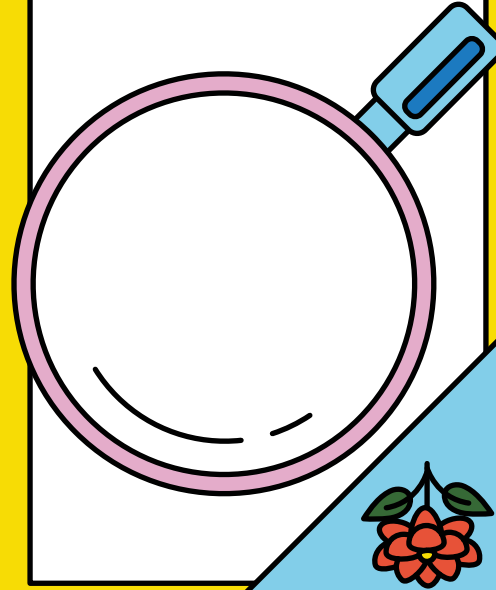
A Gift You
Were Given



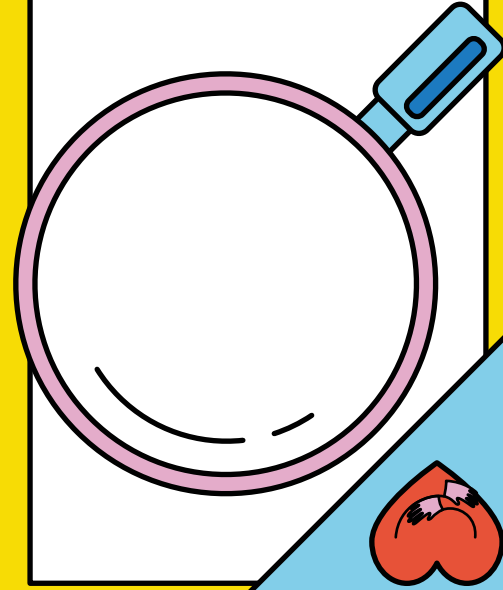
Someone Who
Helps You



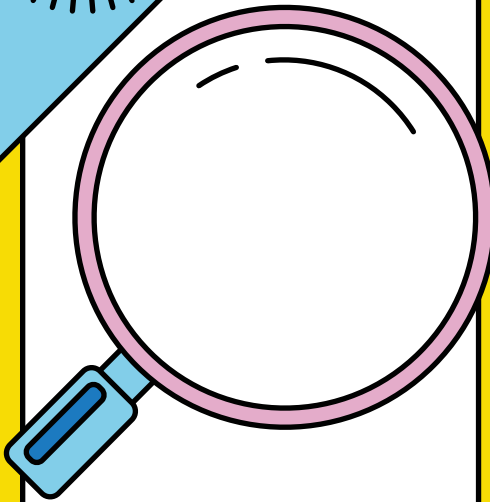
Something
in Nature



Someone
Close to You



Something
Inside You



Someone You "See" Every
Day But Rarely Speak To*

*could also be on social media

Instructions:

Complete the pages
one at a time.

- ◆ Read the topic of the page.
- ◆ Think of someone or something that falls under that category.
- ◆ Think of something obvious about your subject, that you are very aware of.
- ◆ Push yourself to "look" more carefully. What can you discover about your subject that you may not have noticed before?
What previously unnoticed element are you grateful for?
- ◆ Write or draw your discovery inside the magnifying glass.

Noticing the Unnoticed



An Exploration
in Gratitude

*Days of
Gratitude*

