

Upper Grades Guidance Choice Board (3-6)

There are more directions/explanation for each box on the back!



1. Create a Gratitude Journal	2. Help the adults in your house with a chore	3. Write a list of things you are thankful for.	4. Make a card for a friend to tell them you care about them
5. Ask an elderly friend or neighbor if they need help.	6. Call your grandparents or other elderly adults and see how they are doing.	7. Write a letter to a veteran you know, or someone else who does a job you respect!	8. Create a collage with pictures of things you are grateful for
9. Create a gratitude jar	10. Write a bucket list.	11. Create a positive mantra that you can use when times get hard.	12. Listen to music that makes you feel good
13. Spend time in nature and look for new things you haven't noticed before	14. Do something kind for a family member	15. Write a letter to a family member who lives far away.	16. Create a goal for the next month in school, or a different activity like a sport or club!

- 1. Gratitude journals help us remember the important things in life!**
- 2. Helping others is great way to grow optimism as it allows us to feel good about the help we have given, while making sure someone else is better off than when we started!**
- 3. Challenge a family member to see who can come up with more!**
- 4. Draw their favorite animal, use their favorite color, or write a joke you know they will like!**
- 5. Ask your parents if they know anyone if you don't have a nearby neighbor.**
- 6. If you live with your grandparents, let them know 5 things you love about them!**
- 7. It is important to recognize when someone does something important for us!**
- 8. Cut out pictures from magazines or newspapers! Ask your parents first!**
- 9. See how many slips of paper you can fit! Decorate the outside of the jar!**
- 10. A bucket list is a list of things you really want to do in your lifetime! Dream big!**
- 11. A mantra is a saying like, "I can do this" or "I am good at this".**
- 12. Try to listen to music that is uplifting!**
- 13. Being outside is good for our bodies, and helps us appreciate the beauty around us.**
- 14. It could be anything nice!**
- 15. If you don't have a family member who lives far away, deliver it yourself!**
- 16. Goals build our self-esteem, and show us that we can do hard things when we put our minds to it!**