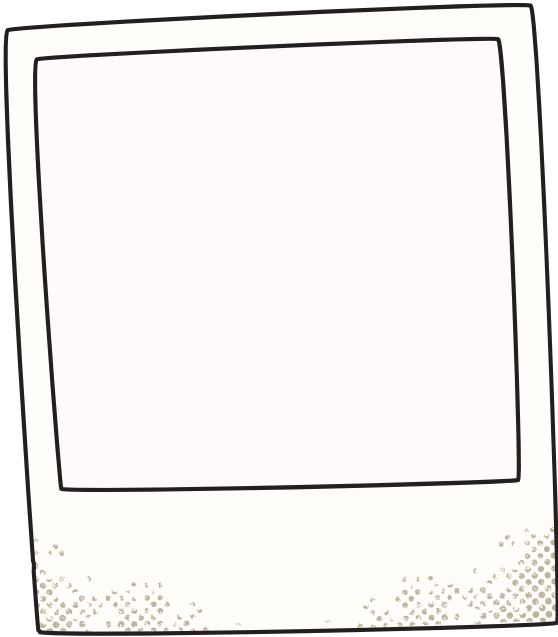


start each  
day with  
a  
grateful  
heart

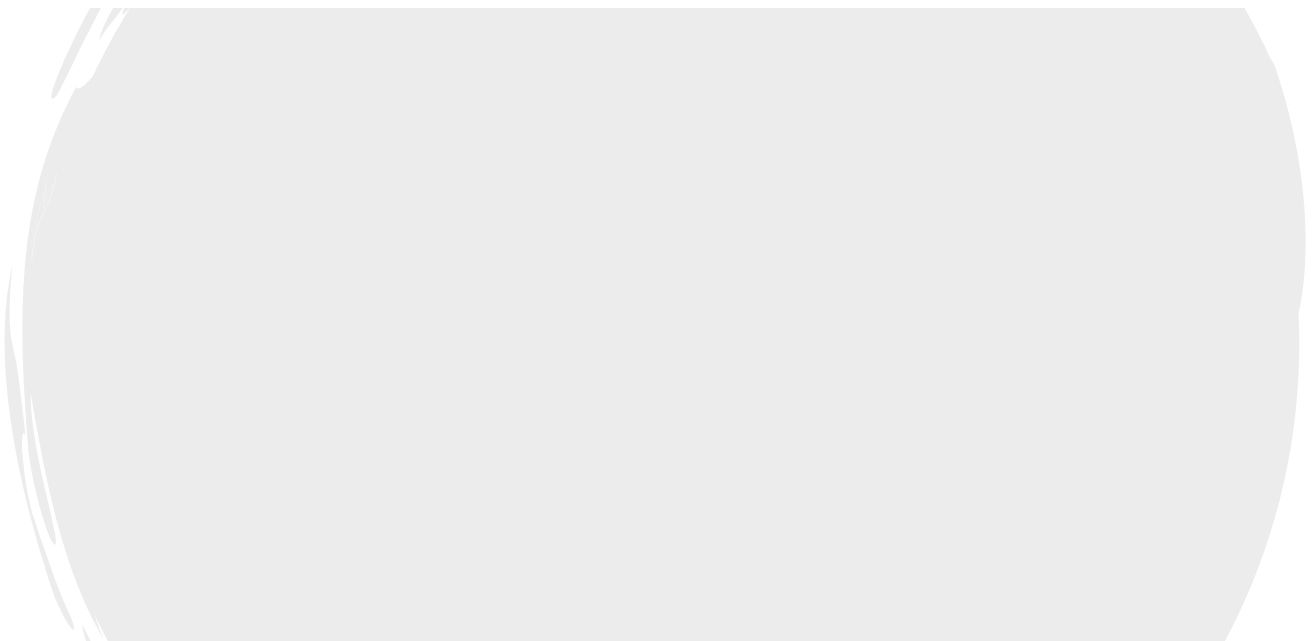
# About Me

This is me



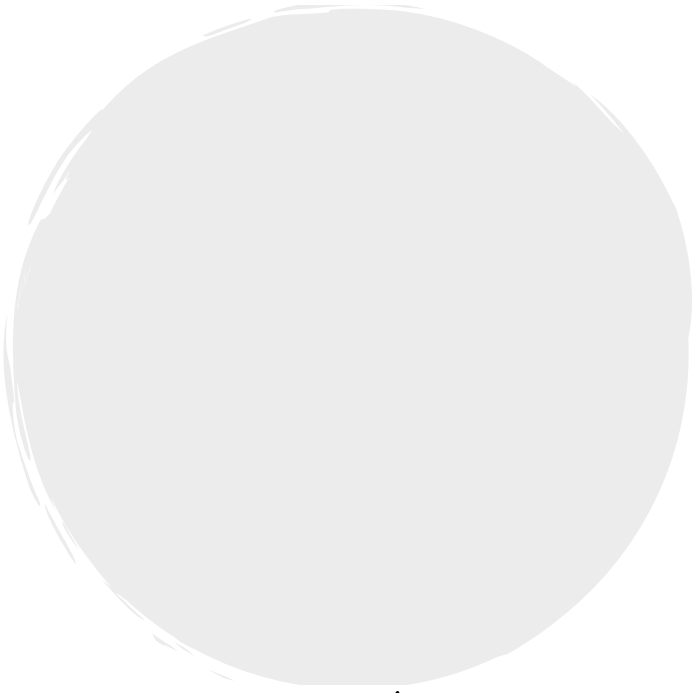
things I like  
about being me...

People that make me happy...

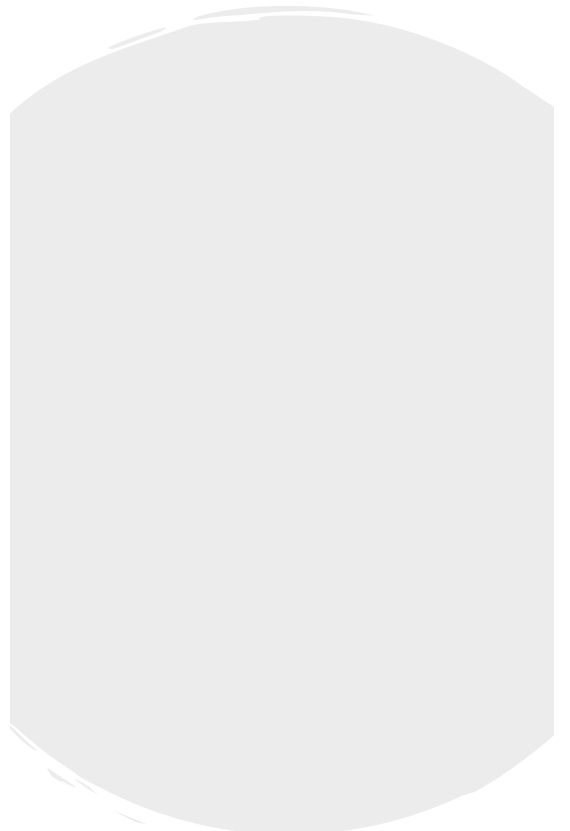
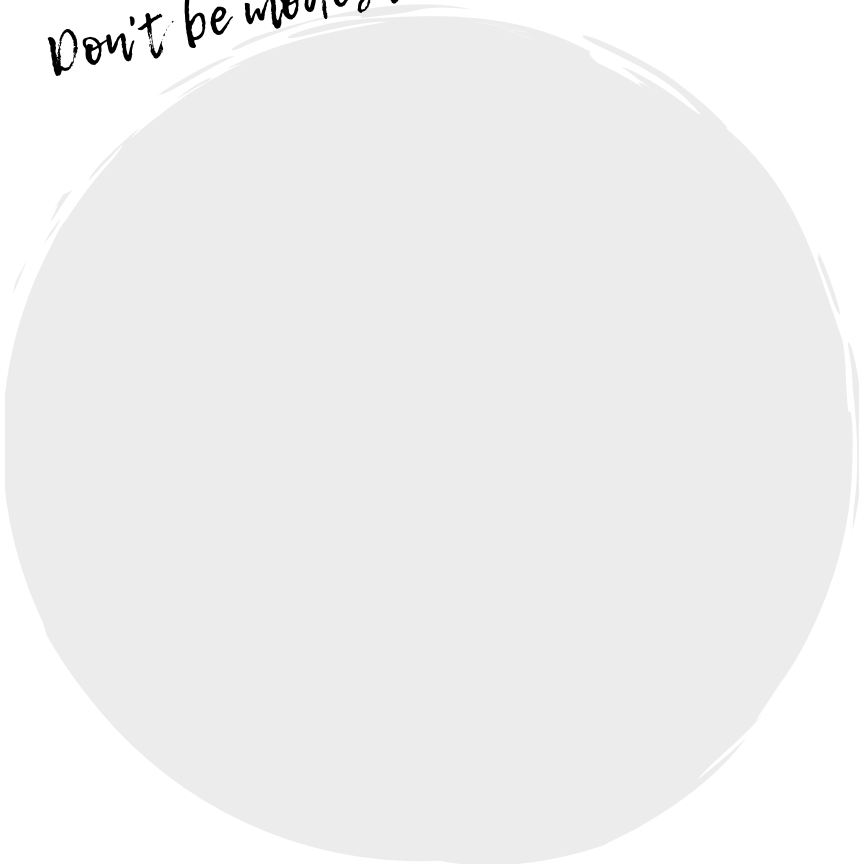


# I'm good at...

These are all things that I'm good at...



Don't be modest!



# Gratitude Jar

Fill this jar with what you're grateful for.



Why not decorate a jar to make your own gratitude jar!



# Spreading Kindness

Did you know that kindness spreads happiness! So, let's spread some joy by telling people how much they mean to you. Write a little note to deliver with a smile.

You're  
Amazing



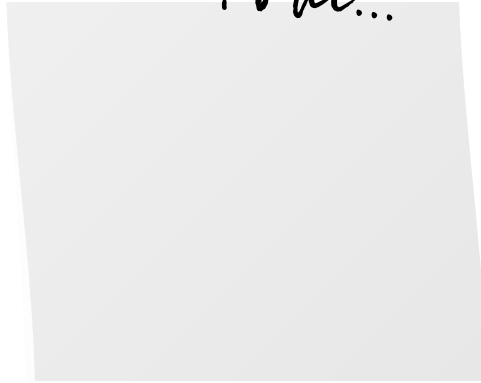
THANK YOU

# I'm thankful for...

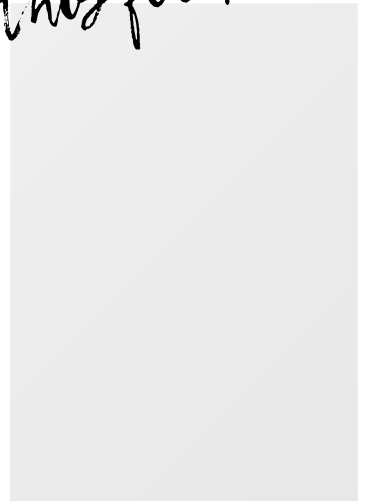
this person...



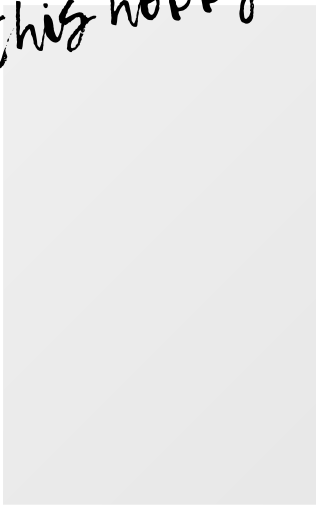
this place...



this food...



this hobby...



this thing...



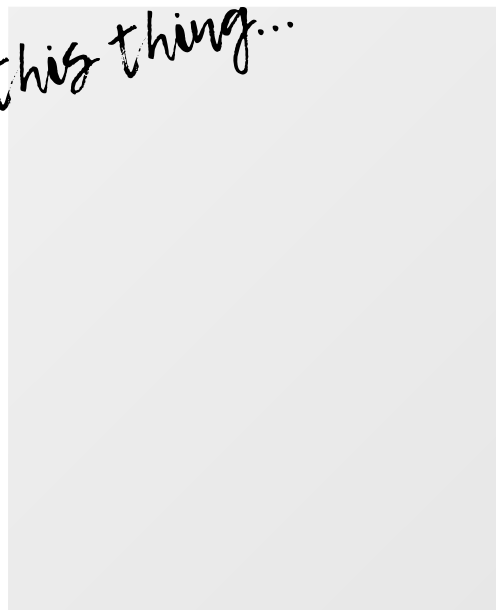
this animal...



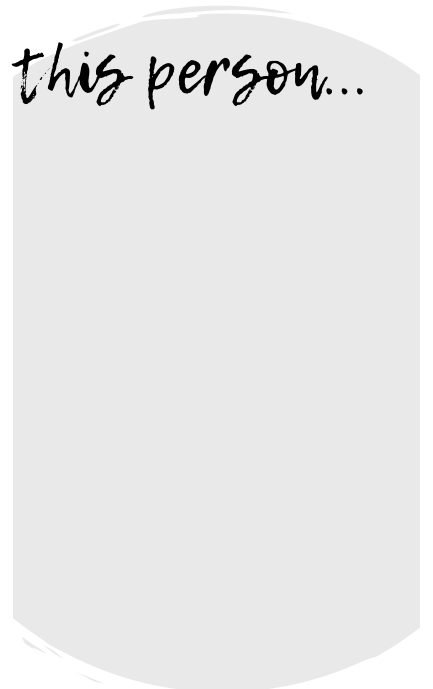
this activity...



this thing...



this person...



# Gratitude Slips

Share your gratitude with one of these strips. You can decorate them first.



Thank you for

Thank you for listening to me.

Thank you for helping me.

Thank you for making me smile.

Thank you for being kind.

Thank you for making me laugh.

Thank you for being a good friend.

Thank you for being you.

Thank you for

# Today has been...

What day is it today?

Today has mostly been

and also a bit

because

This person was kind...

My top 3 highlights...

1.

2.

3.

This made me laugh...



# This week has been...

What's the date today?

This week has mostly been

and also a bit

because

This person was kind...

This made me laugh...

I'm looking forward to...

My top 3 highlights...

1.

2.

3.