

MAKE A GRATITUDE DICE

Cut and glue your cube. Roll the dice and take turns answering the questions.

Play everyday.

What are you looking forward to?



Gratitude means taking time to notice the things that are good in life.

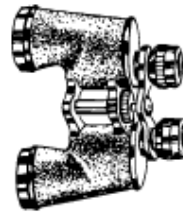
What's the kindest thing someone has done for you recently?



What made you laugh today?



What's the most beautiful thing you saw today?



Who have you enjoyed being around?



Practicing gratitude can make you happier

What's the best thing that's happened so far today?



Play alone or with someone you trust.