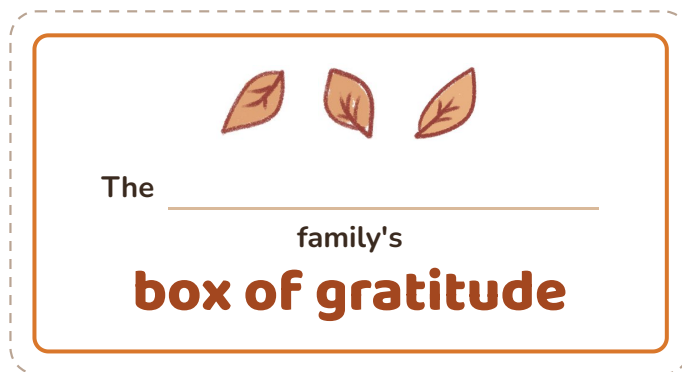
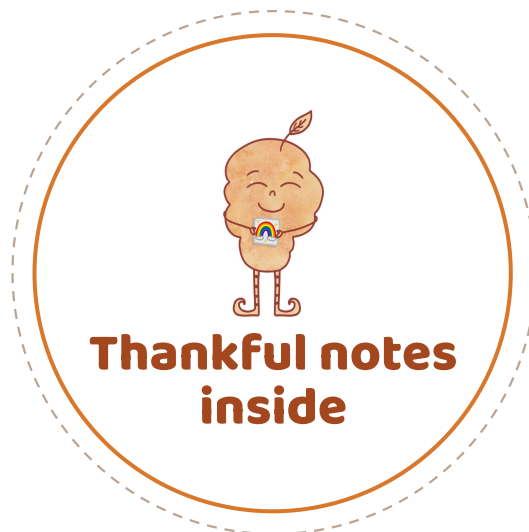


Gratitude jar labels

Cut along the dashed lines. A round label for the lid, a long one for the front. Tape or glue them on.



FROM THE BACK OF THE BOOK

Make a family "box of gratitude"

Choose a box, or a jar.

Decorate it! Use different colours, glitter, stickers etc.!

When you feel grateful for something you can write it down and put it in the box. Ask the others to do it too.

Take one and read it when you feel that you need to cheer up!



I am thankful for _____

I am thankful for _____

I am thankful for _____

I am thankful for _____
