

# practicing GRATITUDE

GRATITUDE HELPS US REFLECT ON EVERYTHING WE HAVE TO BE THANKFUL FOR.

## GRATITUDE WEB

Make a web to connect all that you are grateful for. Fill in the things you are grateful for in the blank circles.



## REFLECTION

Complete the following prompts about what you are grateful for.

**SENDING LOVE**  
List 3 people you are thankful for.

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### DRAW IT!

Draw something silly you are grateful for.

**TODAY WAS...**  
Choose one thing about today that made you happy.