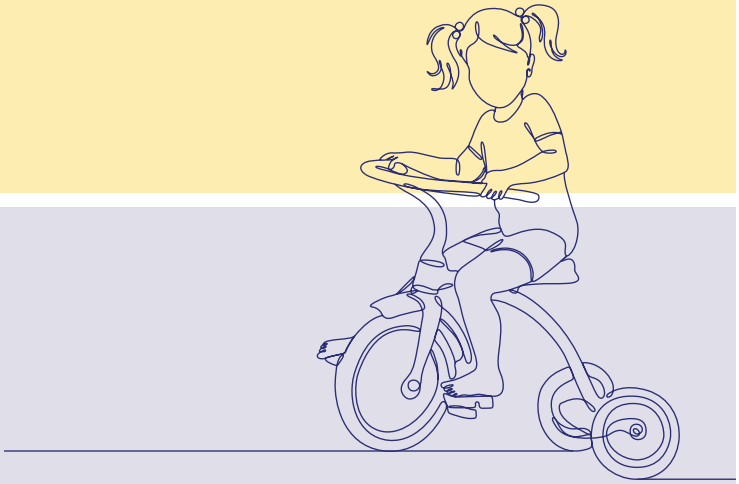
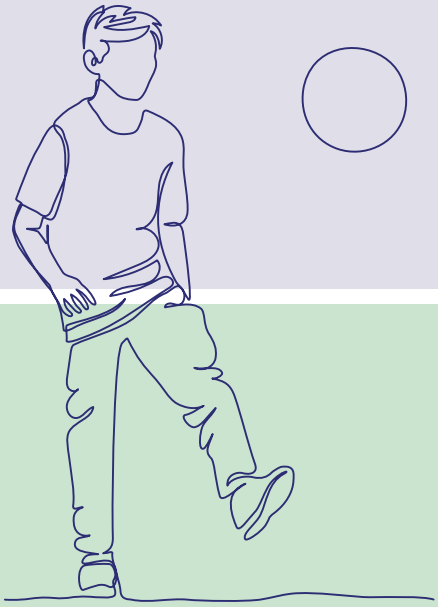
Gratitude activity workbook for children

by Common Thread





Common Thread

by Wolfson Children's

Welcome to your gratitude adventure!



Hi there!

Did you know that saying **"thank you"** and noticing the good things in your life can actually make you feel happier, calmer and stronger inside?

That's what **gratitude** is all about! Gratitude means taking a moment to notice the people, things, and moments that make you smile or feel good—like your favorite snack, a fun game at recess, or a hug from someone you love. When you practice gratitude, you:

- Feel happier more often
- Worry less and sleep better
- Enjoy the little things more
- Are kinder to others

Pretty awesome, right?

How to start your gratitude practice

Here are a few easy tips to help you get started:

1. **Look for the good stuff:** Big or small, happy or peaceful, silly or sweet.
2. **Write or draw it:** Use this workbook to keep track of what you're thankful for.
3. **Make it a habit:** Try to write something you're thankful for every day.
4. **Be honest:** Your gratitude can be about anything that makes **you** feel good.

So grab a pencil and some markers, open your heart and get ready to discover all the wonderful things in your world!

Let's begin your gratitude journey!

Me and my superpowers



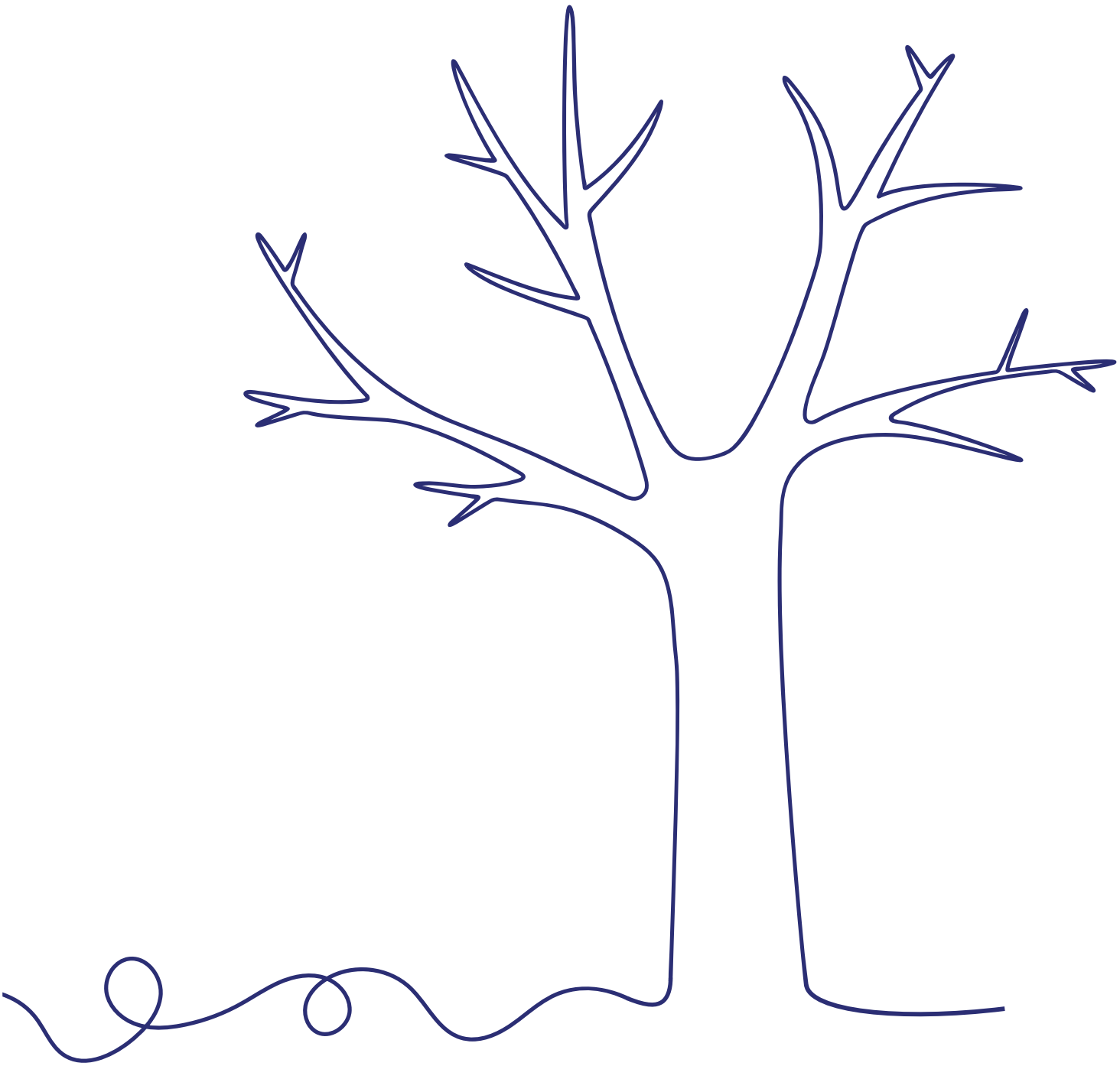
We all have unique abilities that make us special.
These individual powers are what we excel at and take pride in.

Design the superhero cape below to showcase your special powers.

The thankful tree

Branches are vital for a tree's health by absorbing sunlight and circulating water. Similarly, we all have special people who support and care for us.

Why not add some "leaves" to your tree with the names of those who keep you safe, healthy and happy?



Gratitude scavenger hunt



We have many things to be grateful for!
Sometimes we forget about the small things that
bring us happiness and joy or help us feel calm and safe.

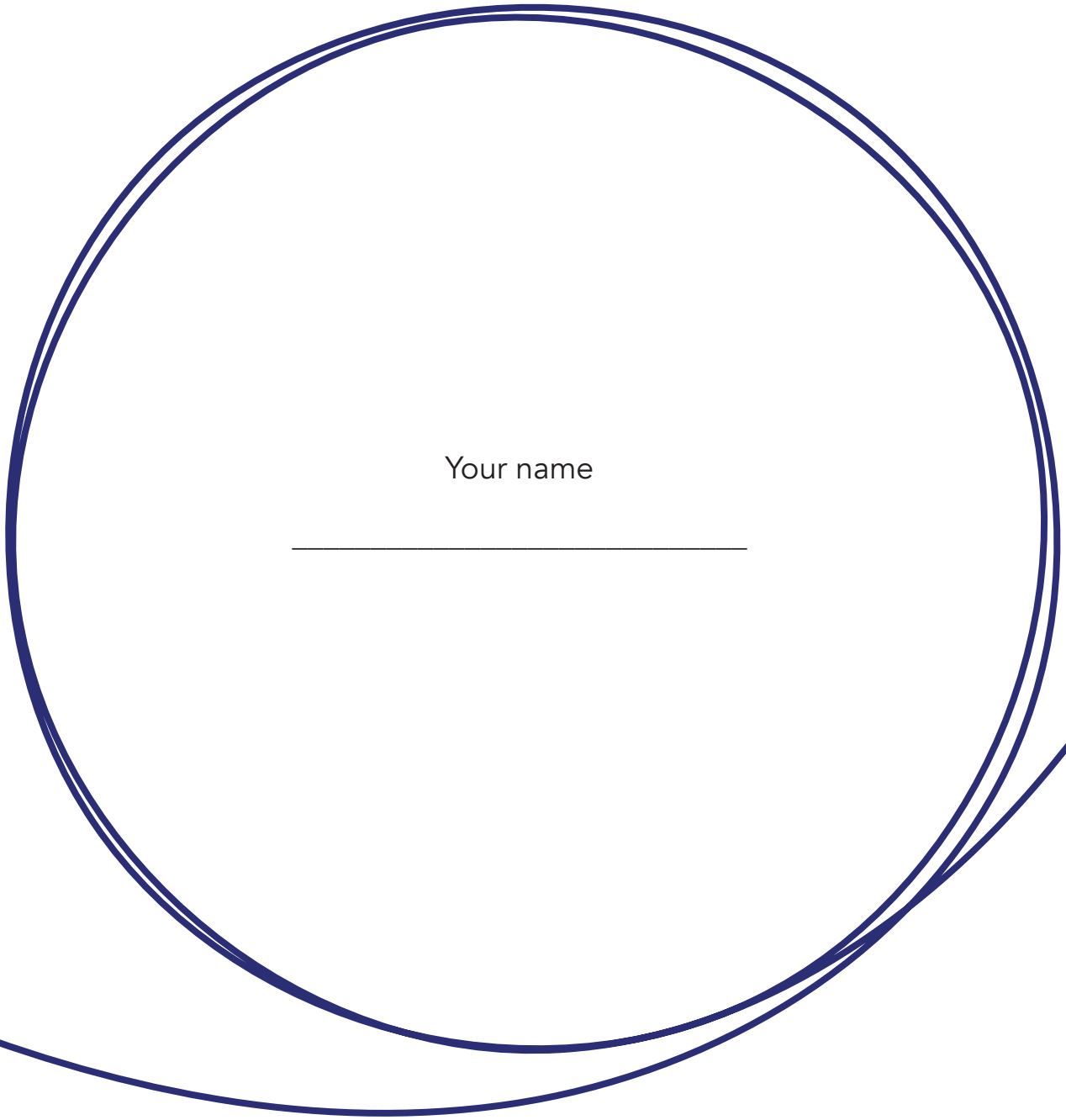
Use the prompts below to find people, places and things within your immediate surroundings that you are grateful for.

1. Find something that makes you smile.
2. Find something that smells nice.
3. Find something that keeps you warm.
4. Find something that someone gave you with love.
5. Find something you love to play with.
6. Find something that helps you learn.
7. Find a place in your home that makes you feel safe.
8. Find something that makes a fun sound.
9. Find a photo or drawing that makes you happy.
10. Find something in nature that you think is beautiful.
11. Find something you've created or made yourself.
12. Find something that helps you when you're not feeling well.
13. Find something that makes you feel proud.
14. Find something that helps you get ready in the morning.
15. Find something that tastes yummy.
16. Find something that helps you relax or feel calm.
17. Find something you're thankful to wear.
18. Find something that reminds you of a friend or family member.
19. Find something that helps you help others.
20. Find something that makes you laugh.

My circle of support

Visual reminders can be helpful to better appreciate the supportive people in our lives.

Place your name at the center of the circle. Then, add the names or drawings of the people who support you, such as friends, family, teachers and coaches.



Grumpy to grateful



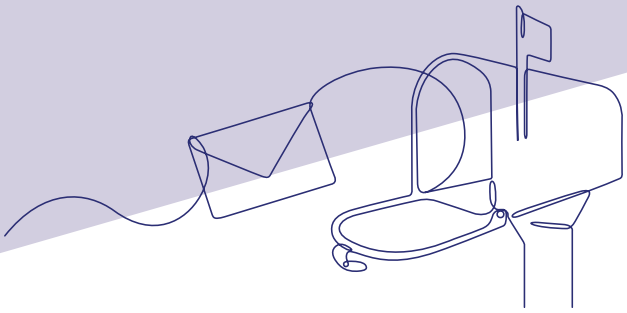
Sometimes things don't work out the way we hope. It's okay to feel upset or sad when this happens. When the big feelings get smaller it can be helpful to ask yourself if there is something positive that came out of the situation.

Use the space below to write or draw a picture of the situation that made you feel grumpy and then write or draw the positive thing that came from it.

The day I was grumpy

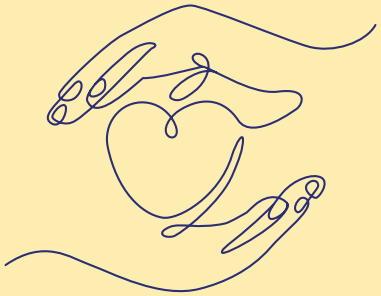
The positive thing I learned

Letters of thanks



Sending a thank-you note is a simple yet powerful way to show appreciation for someone's kindness or support. Many people, like teachers, parents and grandparents, deserve our gratitude. **Use the space below to write a heartfelt thank you note to someone special in your life, then cut out the letter to share with them.**

Acts of kindness



Has anyone ever done something kind for you when you were not expecting it? Random acts of kindness are thoughtful actions that are done for others. They usually come as a surprise and make the person feel happy and cared for. Doing kind things for others can make us feel proud and appreciated. **Use the acts of kindness list below to help get you started. You can also add your own ideas to the list.**

Put away groceries

Offer to help around the house

Compliment a friend

Share a snack or a toy with a friend

Use chalk to write positive messages to others on your sidewalk

Donate clothes or toys

Help set or clear away the table for a meal

Make a gift for someone you love

Give 5 people a high five

Let a friend go first in a game or in line

Ask someone who is alone to play

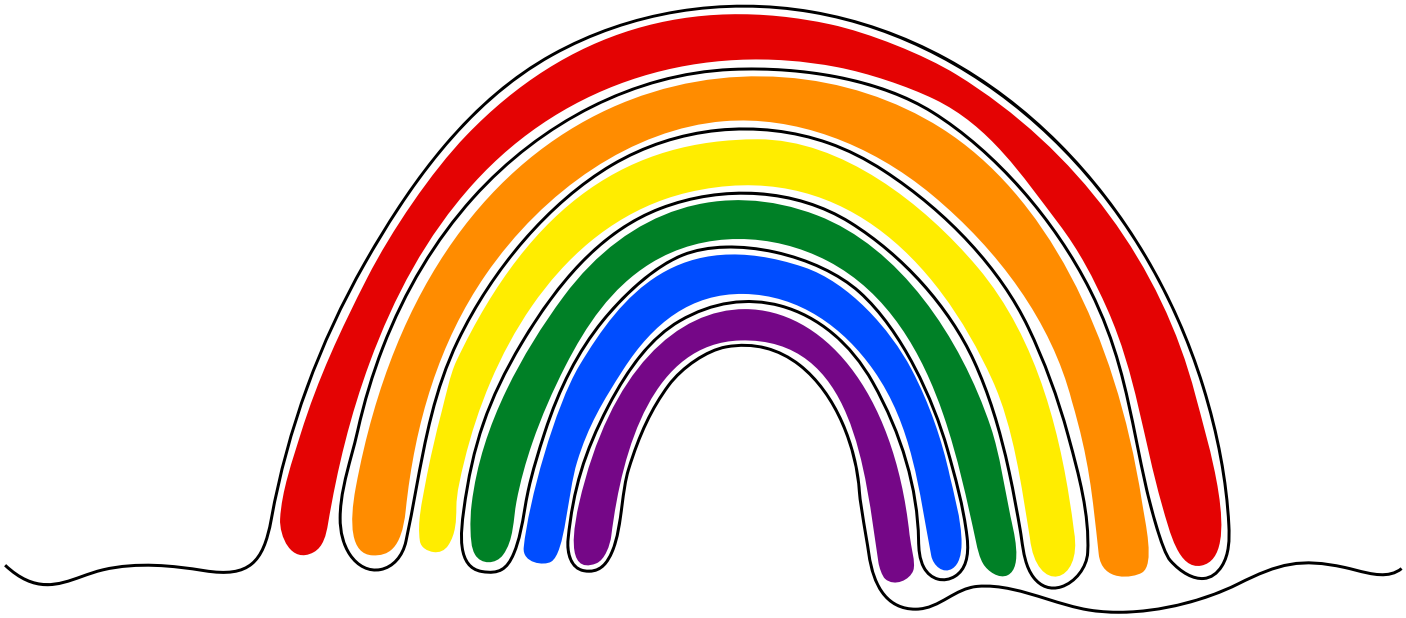
Hold the door open for someone

Help a sibling with a chore or with their homework

Draw a picture for a family member or teacher

Feelings rainbow

When you think about what you're grateful for you may notice different emotions show up. **Think about the emotions listed below and what person, place or thing in your life creates that emotion for you.**



Purple/Happy:_____

Red/Excited:_____

Orange/Love:_____

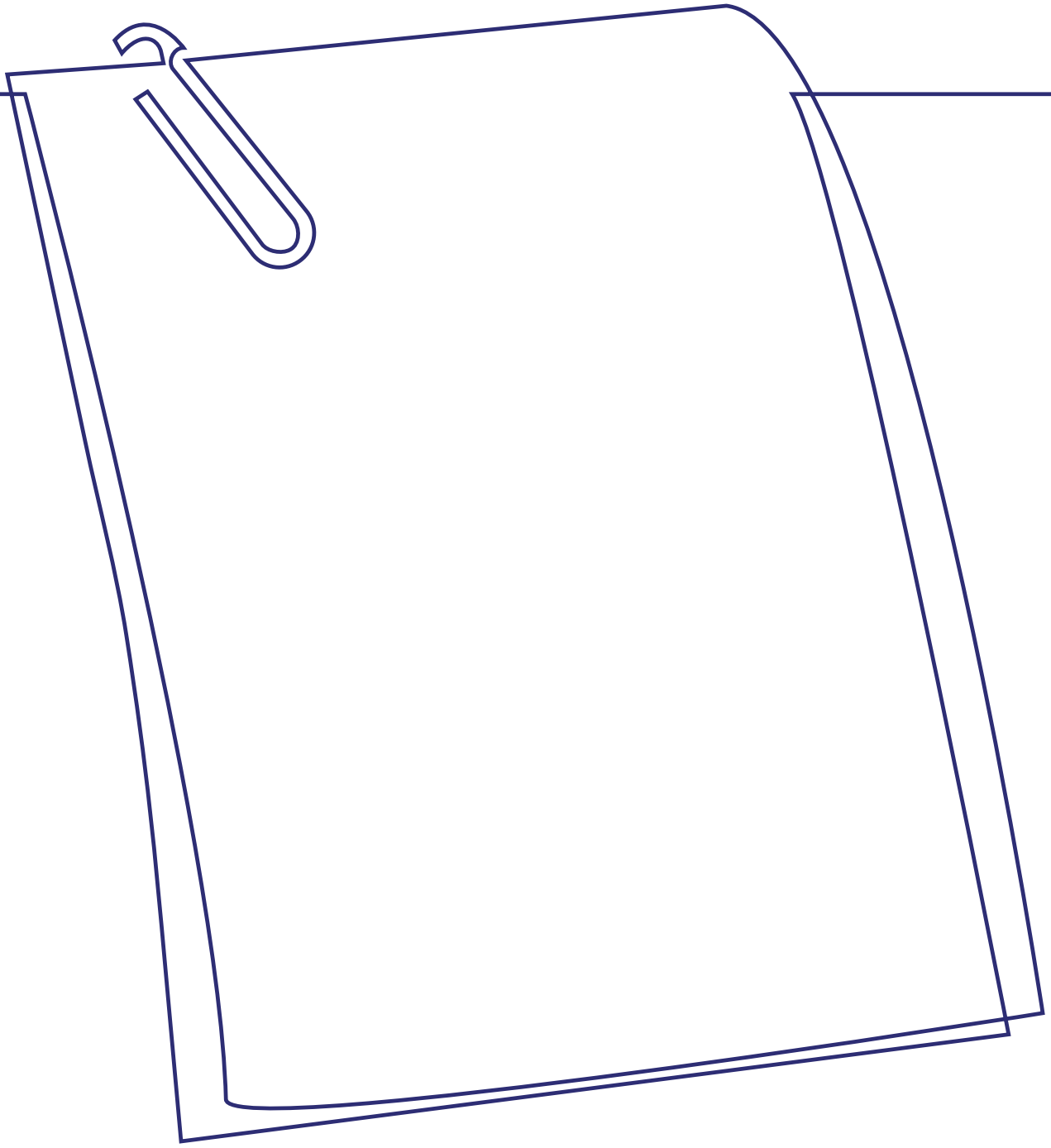
Yellow/Confident:_____

Green/Proud:_____

Blue/Calm:_____

My happy place

Think of a place that fills your heart with joy. The place can be in your home, a place where you have positive memories or somewhere you wish to visit in the future. **Draw a picture or write about your happy place in the space below.** Make sure to tell someone about your happy place and why it fills you with joy.





Weaving mental wellness into the journey of childhood.

Need immediate support? Use the numbers below during a mental health crisis.

National Crisis Hotline:
Call or text 988 for support
24/7 Kids & Teens Helpline:
Call 904.202.7900 or text LIFE to 741741.

If someone is an immediate threat to themselves or others, call 911.

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