

gratitude



WHAT ARE YOU GRATEFUL FOR TODAY? CIRCLE THE THINGS YOU ARE GRATEFUL FOR.

MY FAMILY MY FRIENDS MY HOME MY SCHOOL
PLENTY OF FOOD TO EAT CLEAN WATER TO DRINK INTERNET ACCESS
I AM HEALTHY I CAN SEE AND HEAR I CAN WALK AND RUN
BOOKS TV/FILMS MUSIC MY PHONE MY COMPUTER
MY BED MY COMFORTABLE SOFA MY GARDEN
BEING ABLE TO GO OUTSIDE

PICK 3 THINGS FROM THE LIST ABOVE AND WRITE ABOUT WHY YOU ARE GRATEFUL FOR THESE THINGS.

1)

2)

3)

gratitude



WHAT ARE YOU GRATEFUL FOR TODAY? WRITE DOWN 3 THINGS AND EXPAND ON WHY YOU ARE GRATEFUL FOR THESE THINGS.

1)

2)

3)