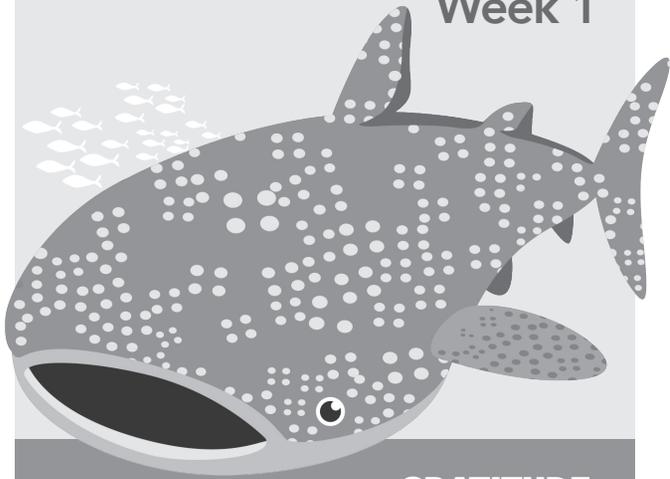


november 2020
Week 1



GRATITUDE:

Letting others know you see how they've helped you

Who are you grateful for?

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIRED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



SCARED



WORRIED



PROUD



OTHER:

THINK ABOUT THIS QUOTE FOR ONE MINUTE:

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

— William Arthur Ward

Draw a picture of a thing
YOU ARE GRATEFUL FOR.

SAY IT:

Repeat the Big Idea while tapping the top of your head ten times.