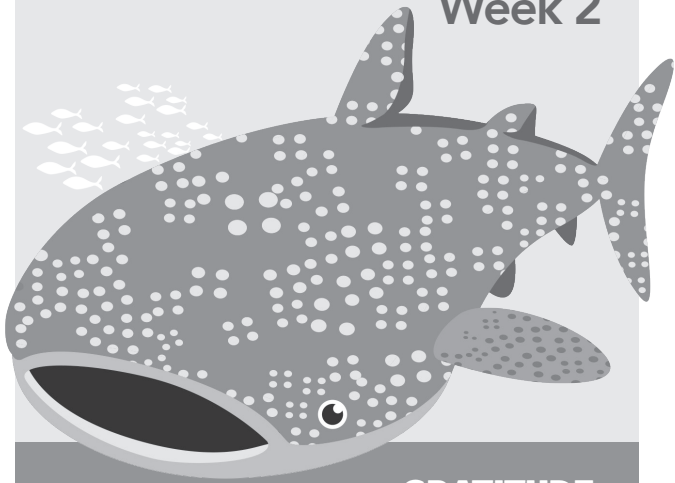


november 2020
Week 2



GRATITUDE:

Letting others know you see how they've helped you

How do you tell people you are grateful for them?

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIRED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



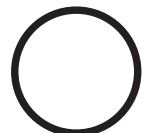
SCARED



WORRIED



PROUD



OTHER:

LOOK AROUND THE ROOM

for three things you are grateful for.

Draw a picture that makes you **SAYING THANK YOU TO SOMEONE.**

KNOW IT:

Describe gratitude to your little brother or sister (or a stuffed animal, if you don't have a sibling!).