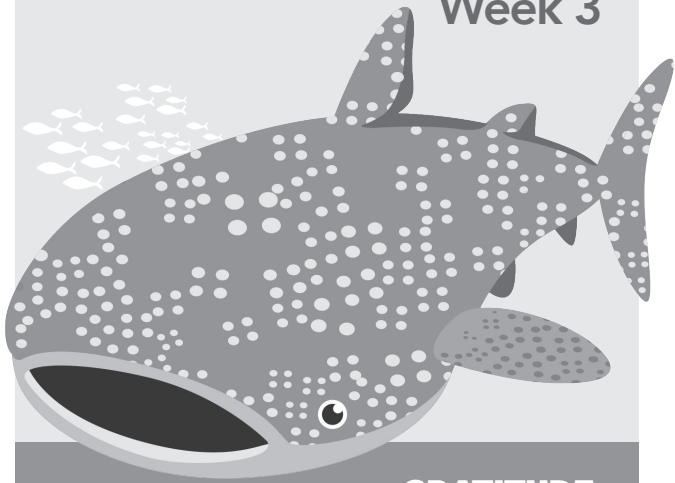


november 2020
Week 3



GRATITUDE:

Letting others know you see how they've helped you

Whom do you know that shows gratitude?

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIRED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



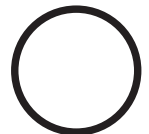
SCARED



WORRIED



PROUD



OTHER:

WRITE THE WORDS

"THANK YOU" on another paper. List a word for each letter of something or someone you are grateful for.

Draw a picture of you SHOWING GRATITUDE TO AN ADULT AT SCHOOL.

SEE IT:

Tell about a time in a movie someone was grateful.