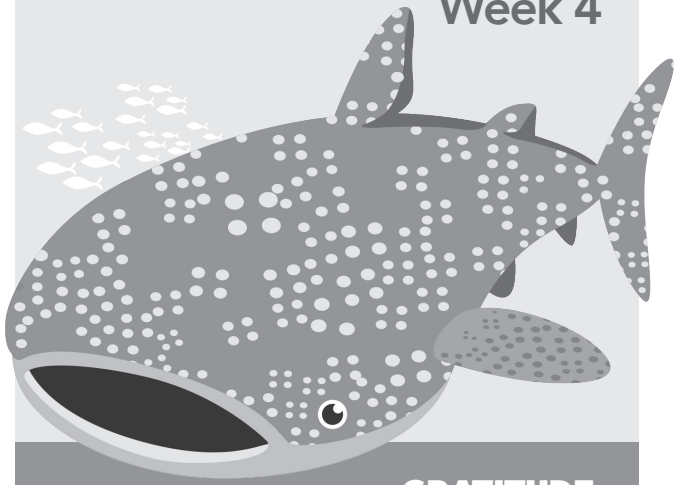


november 2020
Week 4



GRATITUDE:

Letting others know you see how they've helped you

How can you show gratitude to strangers?

NAME: _____

DATE: _____

HOW I FEEL TODAY:



HAPPY



TIRED



ANGRY



SAD



SICK



FRUSTRATED



ANNOYED



CALM



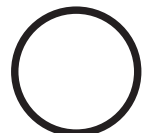
SCARED



WORRIED



PROUD



OTHER:

Draw a picture of you
SHOWING GRATITUDE AT THE STORE.

STRETCH TO THE CEILING
and then touch your toes three times.

BE IT: Tell one person why you are grateful for them today.