

FAMILY GRATITUDE CHALLENGE

Sometimes it's easy to forget all the people, things, and opportunities in life that make us feel thankful and bring us joy. When we pause and are mindful, we remember everything that makes us feel grateful. Practice taking time to be grateful with your family. You can create this gratitude craft together or each person can make their own!

1 **Print** a sheet with one big leaf and print a sheet with smaller leaves (or more if the whole family is joining). **Cut** out all of the leaves. **Punch** a hole in the leaves on the spots provided.

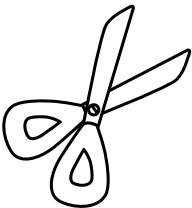
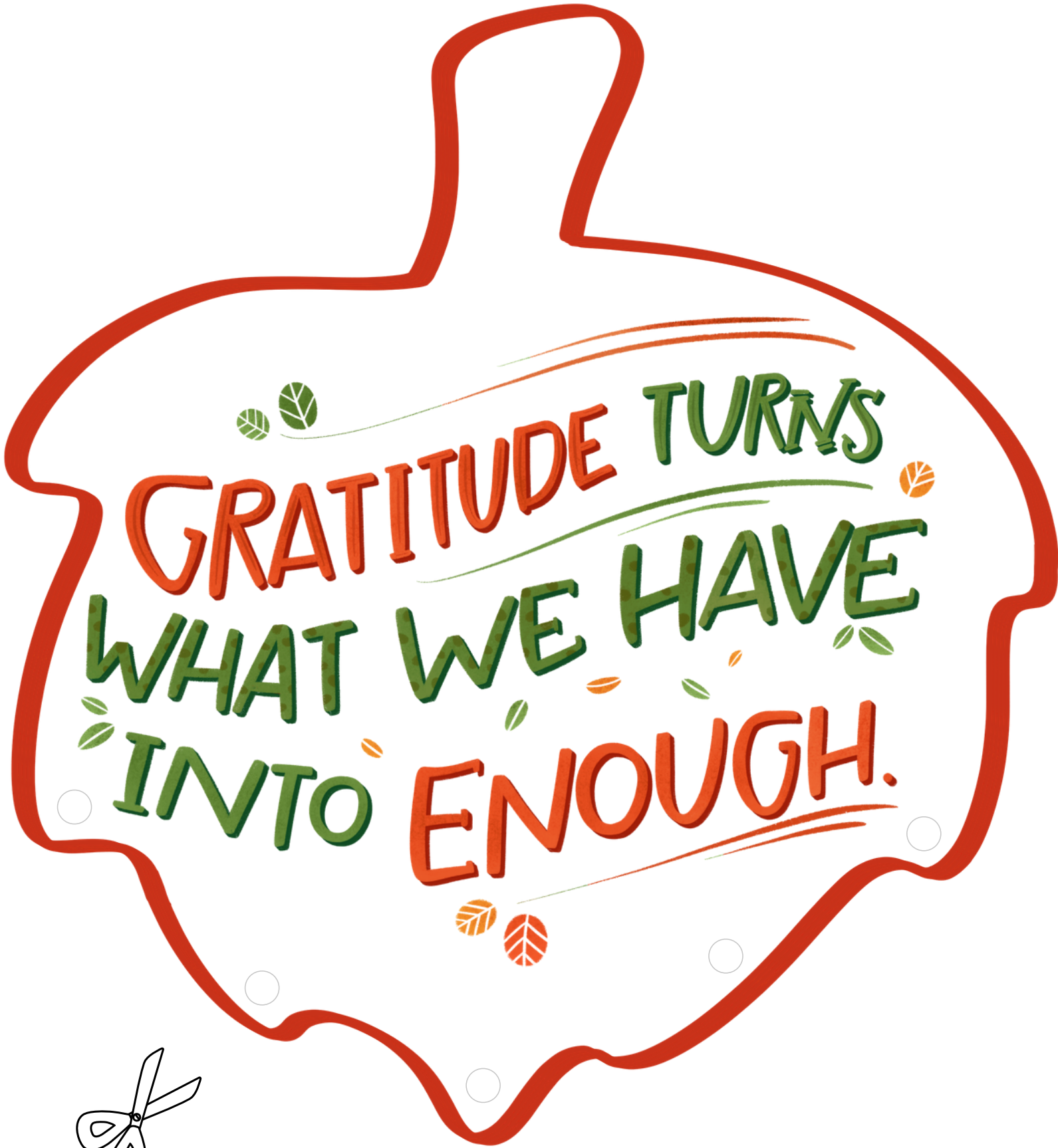


2 **Cut** string or yarn in various lengths. Tie the small leaves to the large leaf.

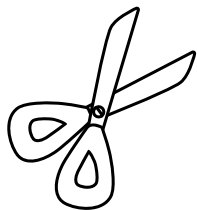


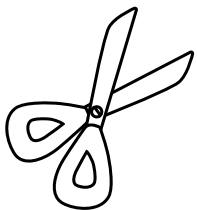
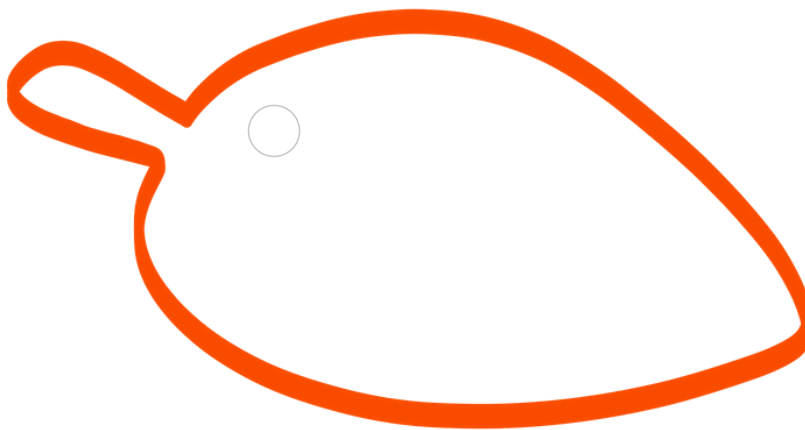
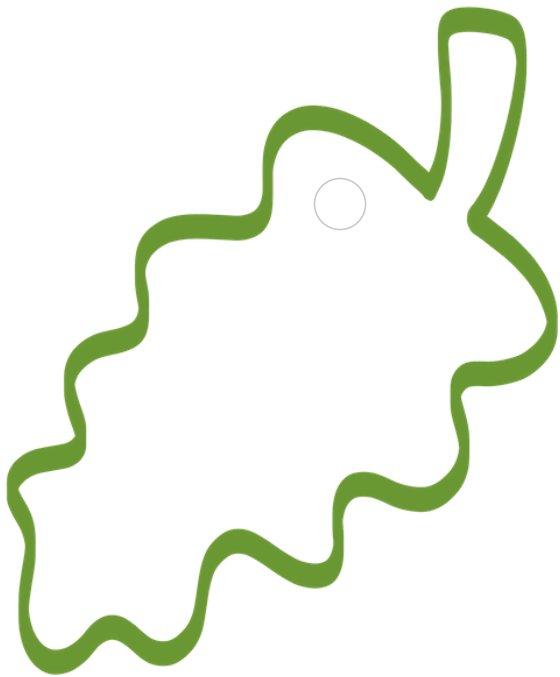
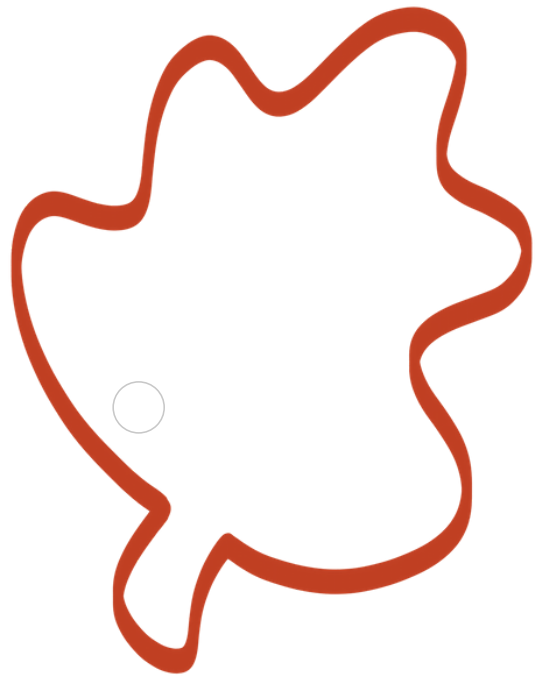
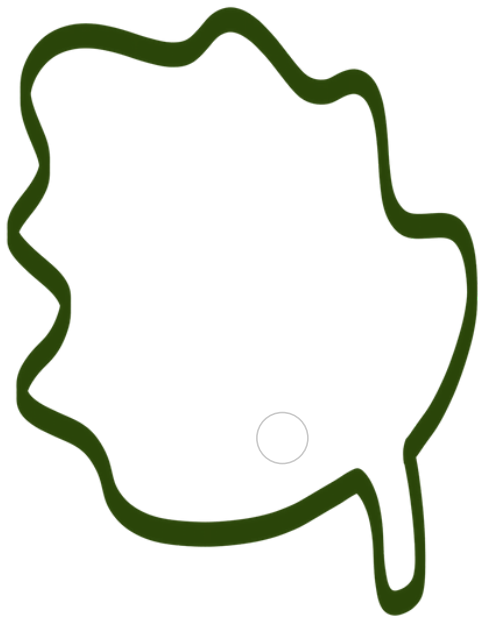
3 **Write** down the things you are grateful for. **Hang or tape** your gratitude leaves where you can view them often.





I AM
GRATEFUL
FOR





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- V. Ramos

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★  SHOP AGES 6-11



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- Heather C.

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 SHOP AGES 11+



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