

PRACTICE GRATITUDE

FOR YOUNG KIDS:

Encourage your child to spend five minutes every day listing the things they are grateful for. This could be done together just before bedtime or after dinner.

I AM GRATEFUL FOR:

1. _____
2. _____
3. _____

FOR OLDER KIDS AND ADULTS:

Keep a "Good Things Journal." In this journal you can list 3 good things you see every day and the role that you had in those good things.

