



Being Grateful

Sometimes it can be easy to focus on the bad things that happen to us, and this can make us feel a bit down. But there can be lots of good things happening to us too, we just sometimes forget to notice them or we take them for granted. So this activity is all about thinking about all the good things in our life, so that we can remind ourselves to be grateful for what we have, and hopefully then feel more positive.

Examples:

- ❖ I'm grateful for my family
- ❖ I'm grateful for my friends that make me laugh

Instructions:

1. Print out the gratitude tree and leaves, or you can draw/paint your own
2. Cut out the leaves
3. Think of something in your life that you are grateful for, and write this on a leaf
4. Decorate or colour-in this leaf as much as you want, and then glue it to your tree
5. You can cover your tree with as many gratitude leaves as you want, and you can add some each day to help you feel grateful and positive everyday



