NOVEMBER GRATITUDE ·

Gratitude Leaves

A hands-on activity for families, classrooms, and gatherings of all ages.

How to use: Print on cardstock, cut along the dashed lines, and invite each person to fill out a leaf or two. Tape them to a window, a door, a poster "tree," or branches in a vase. Read them aloud at Thanksgiving dinner, and save them to compare next year.

A person I'm thankful for	**Something that made me smile**	**A place I love**
Something my body can do	**A food I'm grateful for**	**Someone who helped me**
Something I learned this year	**A favorite memory**	**Something in nature**
A kindness I received	**Something about me**	**I'm grateful for…**

Tip for little ones: young children can draw a picture while an adult writes their words.

For educational and wellness purposes; not a substitute for counseling. In crisis? Call or text 988, or call 911.