

Gratitude Gifts

Practicing gratitude means being thankful for people and things that mean something to us.

When you feel down, being grateful can make you feel better again.

They are like gifts that bring us joy and happiness!

What are some things that you feel grateful for in your life?

Some examples might include...

- *A loving family member*
- *Your loving pet*
- *A happy memory*
- *A safe place you enjoy*
- *Your best friend*
- *A favorite toy*

Write or draw something that you are grateful for in each of the gift boxes below!

