

What am I grateful for?

Sometimes when things are not as we would wish them to be, it is good to take a step back and think about all the good things in our lives.

Think about all the things in your life that you are grateful for. You may want to think about people, things, or gifts and talents. Maybe you have been taught to do something by somebody or have a special memory to treasure.

Fill the paper heart with writing and pictures that represent all the things you are grateful for. You can decorate the heart as you wish.

Alternatively, If you have a nice jar at home (a washed empty jam jar will do), you can decorate it and write some "grateful cards" and store them in your jar.