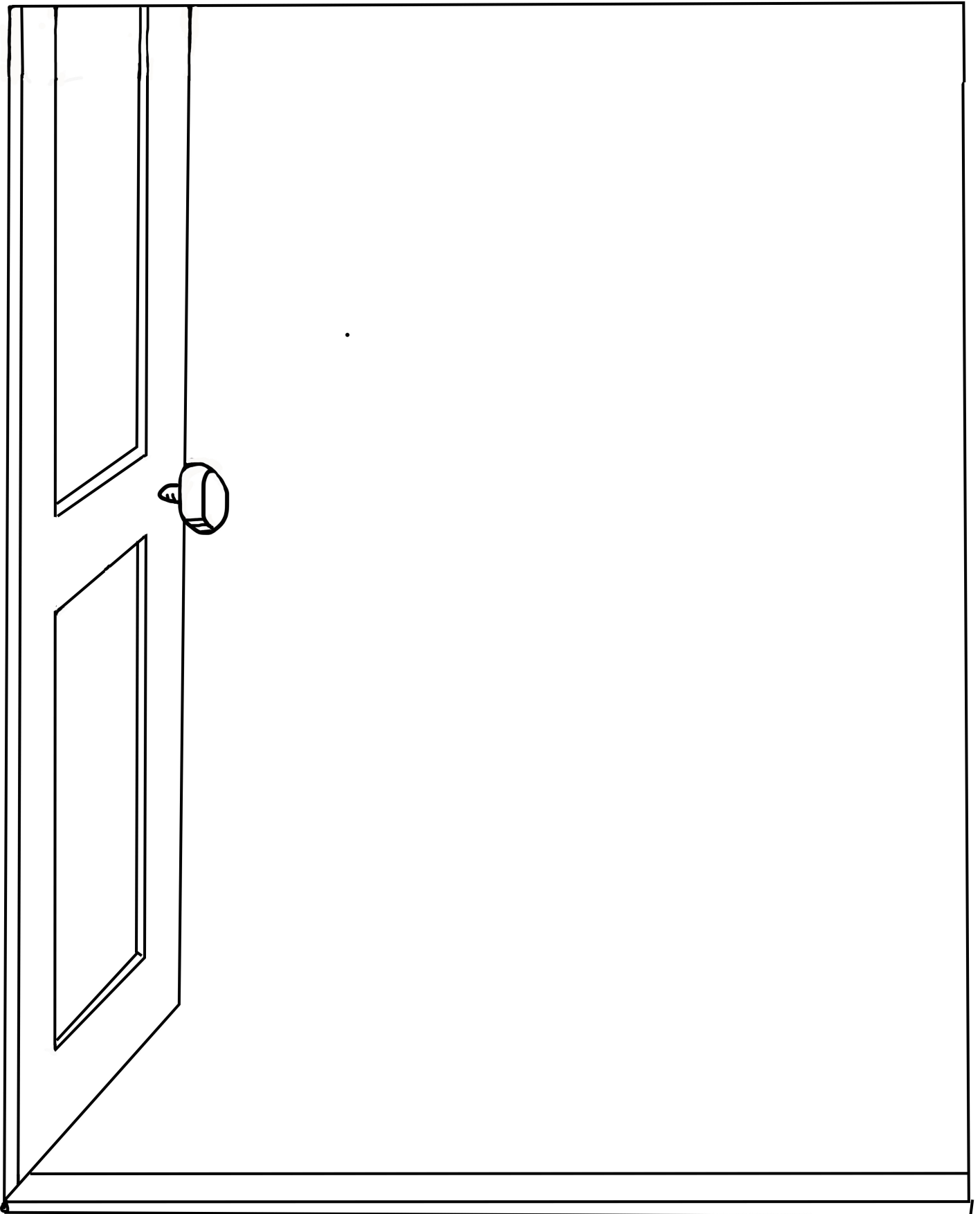


This is an e-Vroom for GRATITUDE.

Use your imagination! What does gratitude look like? Is it fluffy?

Does it have wings? What color is it? What's in the room?



I'M GRATEFUL FOR:

(This list can have people, places or experiences that you're grateful for)



1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

GRATITUDE Scavenger Hunt!

This page is for the “little” things all around us that we don’t usually appreciate.. There are lots of things we take for granted!

Let’s hunt them down!

Scavenge by yourself or with someone else!

1. Go to your bookshelf. What book are you most grateful for?

2. Look through an album or photos on your phone. Find a memory you are grateful for and write it here.

What part of your dinner are you the most grateful for? Is it the most nutritious or the most delicious? Are you grateful for water too?

Look in your closet. Find a piece of clothing you grateful that you own.

Go in your bathroom. Are you more grateful for your toilet or your shower? Think about it!

What is the best place to sit down and rest in your house? Is it a certain chair or bed? Never thought about it? Go test them and compare! Which should you be most grateful for?

Look around! Is there anything in the room you’re in RIGHT NOW that you are grateful for? It could be something pretty or interesting or useful? Write it down!

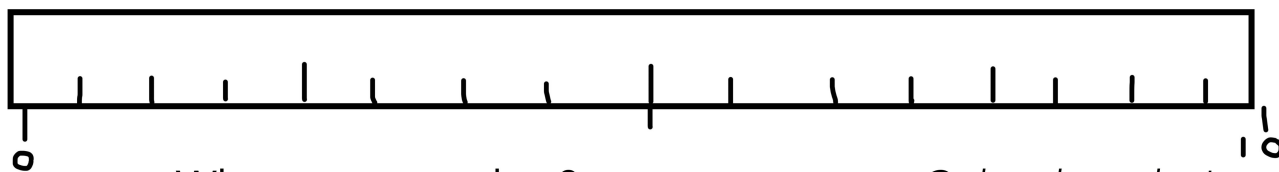
A "HOW MUCH?" page.

This page lets you measure HOW MUCH of a feeling you have right now. Print this page to color the bottles and rulers. Show what you feel.

(There are more "HOW MUCH?" pages with thermometers, tanks and dials that can be printed from the HOME page.

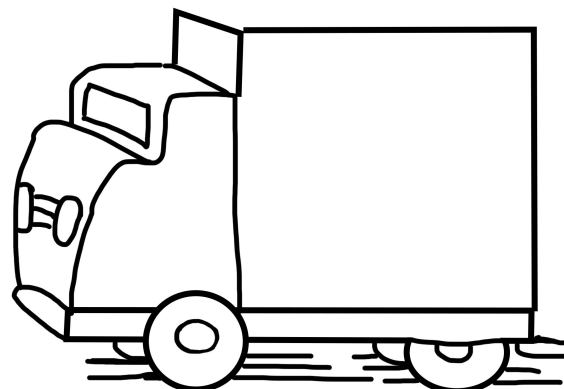
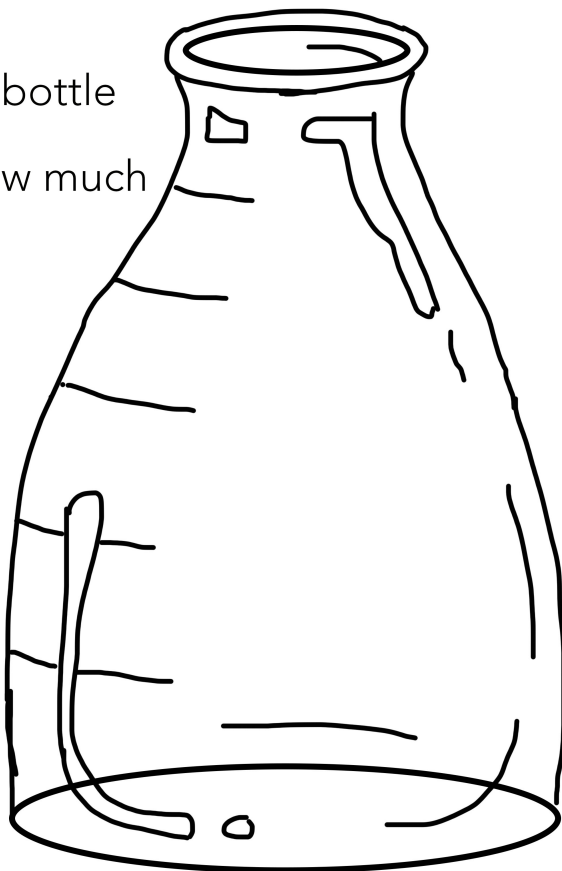
"HOW MUCH" pages are for any feeling).

On this ruler, 1= not much and 10= ALOT of feeling.



Whats your number? _____. *Color the ruler!*

Fill the bottle
with how much
feeling
you
have!



Fill the truck with your feeling
How high will the pile reach?

