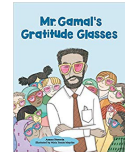


_____’s Gratitude Book

Keep an attitude Of Gratitude

Inspired by Mr. Gamal’s Gratitude Glasses, Asmaa Hussein

Mr. Gamal’s Gratitude Glasses



Who was your favourite character? Why?

What was your favourite part of the story? Why?

List 3 things you are grateful for today:

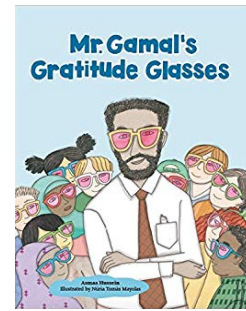
Made by D. Misso
I do not own any of these images
This is a free file.

If you do use this activity tag @muslimhomeschoolvillage on
Instagram. I would love to see your kids work !

How did this book make you feel ?



Great! Good Okay Bad



How many stars would you give this book?



Try out your own Gratitude Glasses!
Put on your glasses to help you see things
differently !

“DO YOU KNOW WHAT THE HARDEST KIND OF
GRATITUDE IS? FINDING GOOD THINGS, EVEN IN TOUGH
SITUATIONS! ...” - MR GAMAL

Scribbled gratitude words:

<https://www.instructables.com/id/Writing-Secret-Messages-in-Color/>

Glasses template we used was from Ruqaya's Bookshelf website.

<https://ruqayasbookshelf.com/blogs/kids-activites/make-your-own-gratitude-glasses>

Words I used; 'laugh and giggle', 'be safe', 'protecting me', 'healthy'.

Situation: My baby brother has been crying all afternoon.

Negative thought: He is being annoying, I just want to read my book in quiet.

-Once I put my glasses on I can see-

My baby brother makes me

and doesn't always cry, he's just having a bad day

Situation: We are going to the park to play with our friends.
Negative thought: We are going to arrive late because my mum is driving slow.

-Once I put my glasses on I can see-

My mum is driving slow to

and she cares about me.

Situation: I want to play soccer in the front yard, but my Dad said no.

Negative thought: My dad won't let me have fun.

-Once I put my glasses on I can see-

My Dad is

and he is worried about the traffic.

Situation: Mum has made green beans for dinner, and says I have to finish it

Negative: I only want to eat my tasty pasta

-Once I put my glasses on I can see-

Green beans are

And its good for your body

Situation: _____

Negative thought: _____

-Once I put my glasses on I can see-

Situation: _____

Negative thought: _____

-Once I put my glasses on I can see-

Situation: _____

Negative thought: _____

-Once I put my glasses on I can see-
