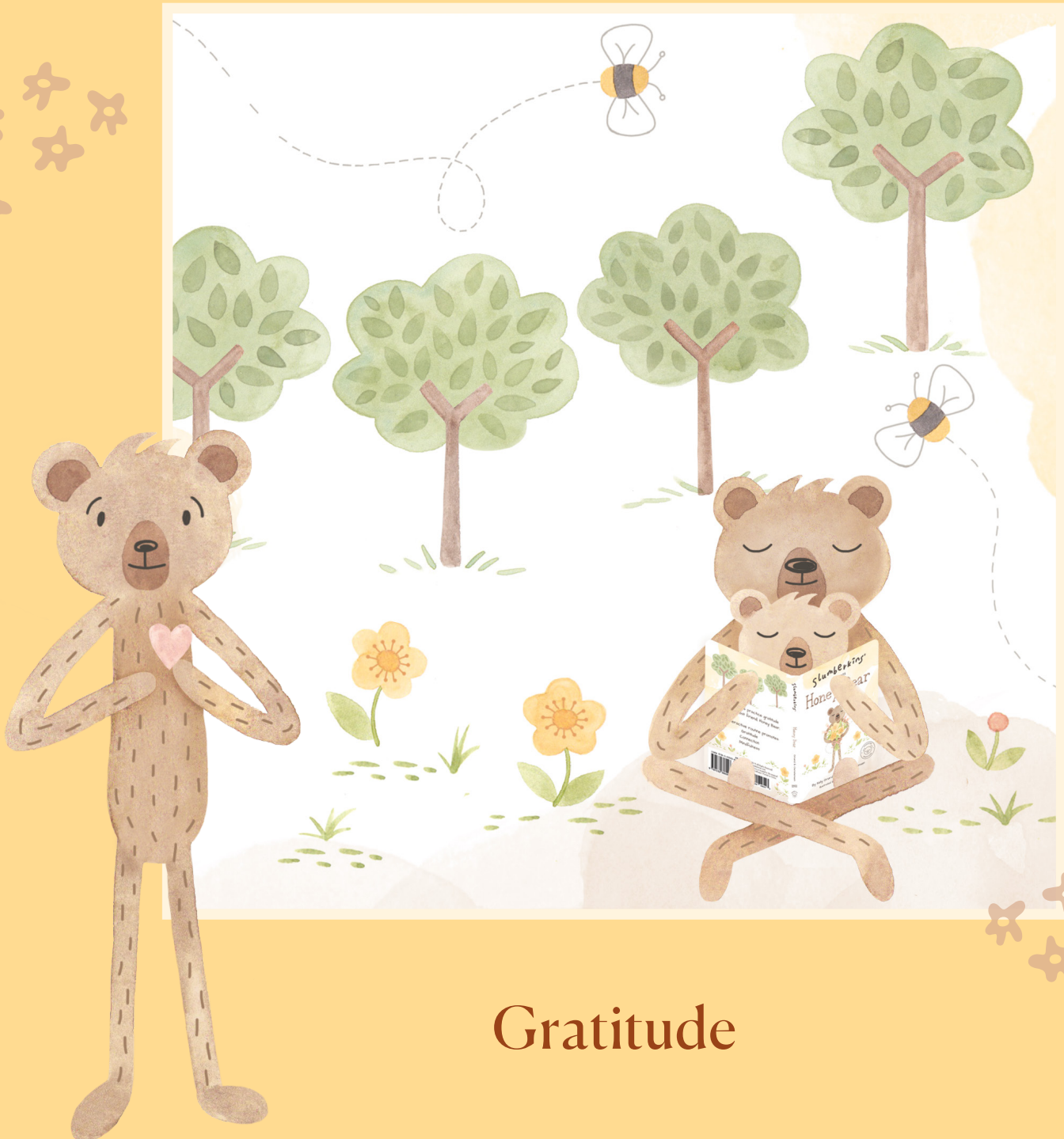


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PRESENTS

Honey Bear



Gratitude

HONEY BEAR

Activities

Attitude of Gratitude

Gratitude is about noticing the things you appreciate. Cut up the prompts and place them into a Gratitude Jar. If you don't have a jar, use whatever you have, perhaps a hat, bowl, or another object for holding the prompts. Use the prompts as a one-time activity or use it across multiple days.

Send home an extra copy for students to complete with their family.

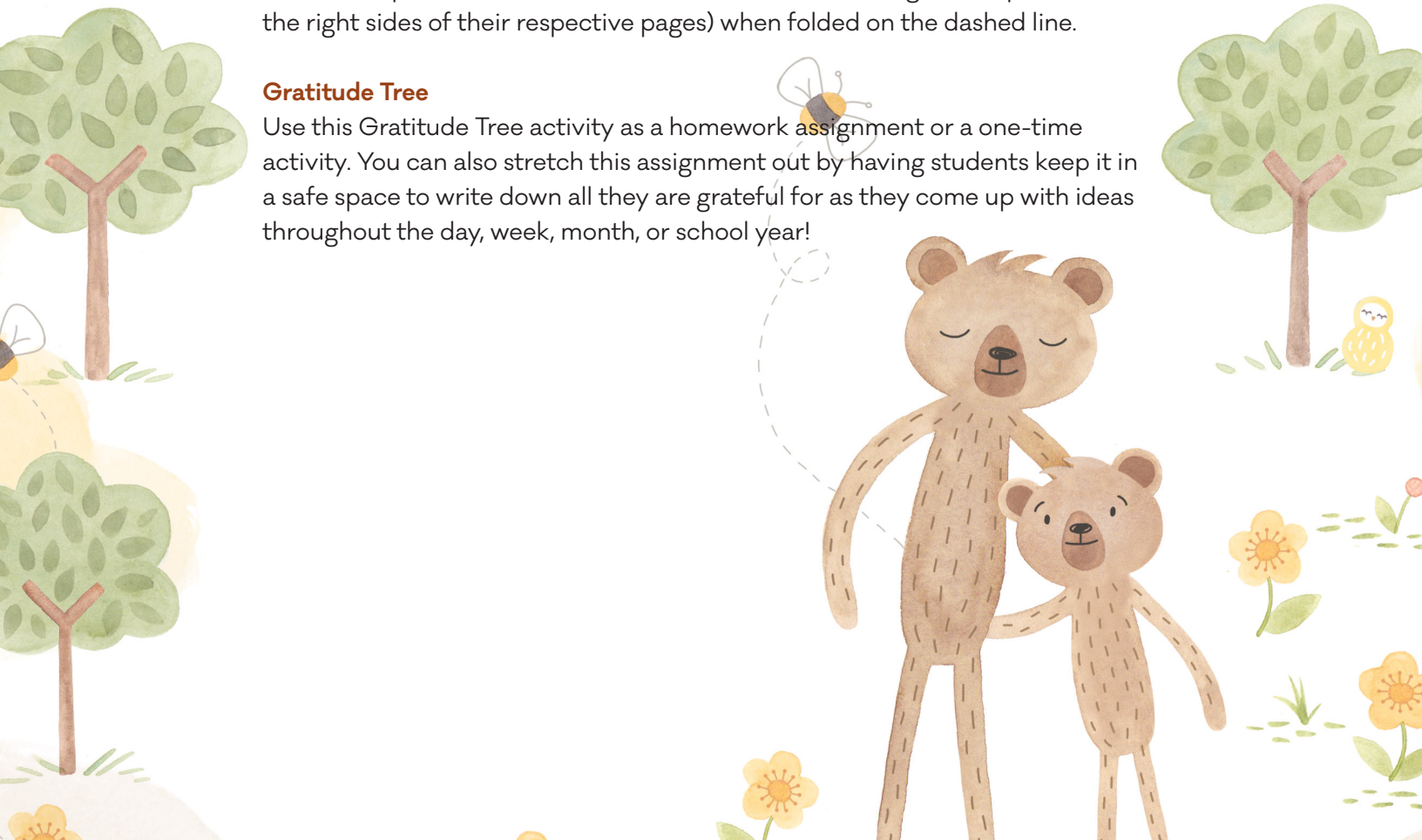
Thank You Card

Think about someone who makes you feel good, helps you, or spends time with you. We are going to make a thank you card for this special person. First, ask your student(s) to think about why they're grateful for this person. Once they have a few ideas, instruct them to write or draw at least one reason they thought of onto the card.

Printing Instructions: Print out the card using the double-sided option. The card, when printed, should have a cover and inside message (both printed on the right sides of their respective pages) when folded on the dashed line.

Gratitude Tree

Use this Gratitude Tree activity as a homework assignment or a one-time activity. You can also stretch this assignment out by having students keep it in a safe space to write down all they are grateful for as they come up with ideas throughout the day, week, month, or school year!



ACTIVITY

Attitude of Gratitude



Gratitude is about noticing the things you appreciate. Cut up the strips below and put them into a hat or bowl. Take turns drawing out a piece of paper and sharing aloud what comes to mind.

Something that makes
you feel cozy

Something you like to eat

Something that makes
you feel strong

Someone who makes you
feel special

Something that makes
you laugh

Something that makes
a nice sound

Something you like to look at

Your favorite color

Somewhere you like to go

Your favorite place
in the house

Something that makes
you feel loved

Someone who takes
care of you

Something that smells nice

Something you like to wear

Something that makes
you feel safe

Something you are
excited about

Something that you enjoy doing

Something you have been taught

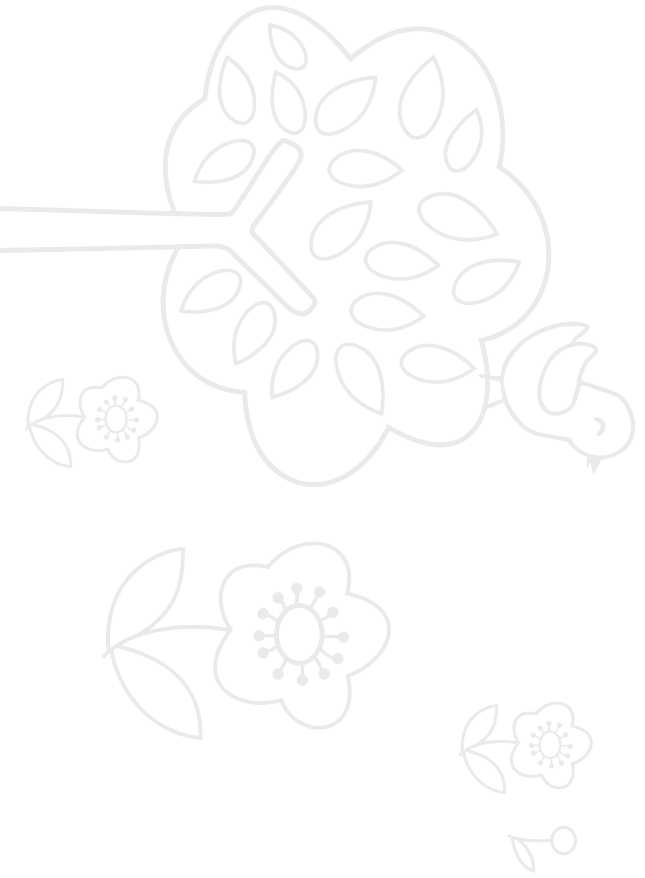
Something you admire
about someone else

Something new you want
to do someday



Dear _____,

I am grateful for you because



ACTIVITY

Gratitude Tree

Directions:

Honey Bear is grateful for flowers and being outside. What are you grateful for? Write something on each leaf of the tree below and keep your Gratitude Tree somewhere you'll see it often.

