WINTER GIFT · THINKING SHEET

My gratitude sheet

Three things I'm thankful for this year and one kind thing I did for someone.



10 minutes | Ages 4 to 8 | At home or at school

INSIDE YOU'LL FIND

1. My gratitude sheet
2. Gratitude cards to cut out
3. Ideas for home and class

> Saying thank you helps us see all the lovely things we already have. In winter, with the people we love.

This year I'm thankful for...

Write or draw in each box.

My name: _____ **Date:** _____

1



A person

Thank you... because...

2



A moment

I loved it when...

3



A little thing

Something small that makes me happy...



One kind thing I did for someone

How did they feel? And how did you feel?

Gratitude cards

For the class or the family: cut out, write and give... or hang all the cards on a string.

Thank you, _____
for...

_____

From: _____

Thank you, _____
for...

_____

From: _____

Thank you, _____
for...

_____

From: _____

Thank you, _____
for...

_____

From: _____

Thank you, _____
for...

_____

From: _____

Thank you, _____
for...

_____

From: _____

HOW TO USE IT

- **At home:** at dinner time, everyone says one thing they are thankful for today.
- **At school:** each child fills in their sheet; then a gratitude circle (only those who want to, no pressure).
- **The garland:** hang the cards from this page on a “thank-you string” on the wall.