

Name _____

Date _____

GRATITUDE JAR

To help us feel good when we feel down, we may think of people and things we are grateful for in our lives to fill our cup and feel good. In the jars below, draw people and things that you are grateful for in your life. If you have time, you may also write a letter to someone you love to let them know why you are grateful for them.

Some examples of things you may be grateful for:

Your pet

Caring adult

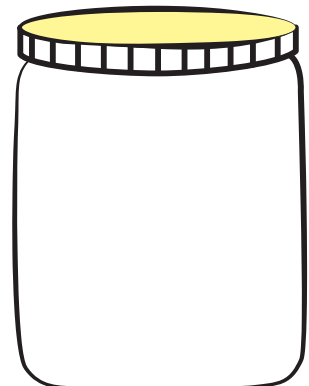
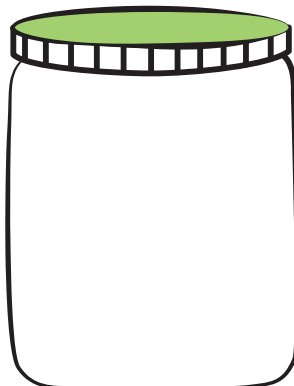
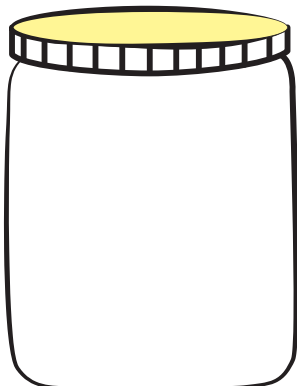
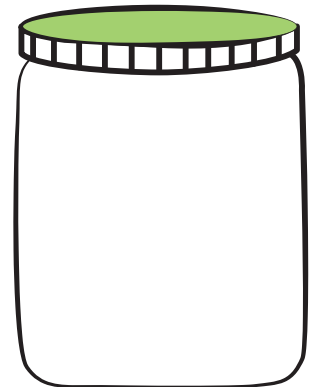
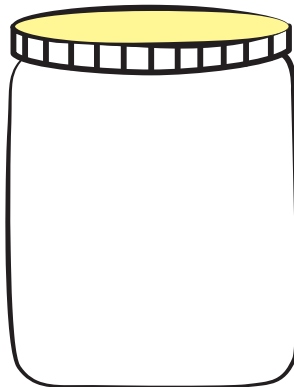
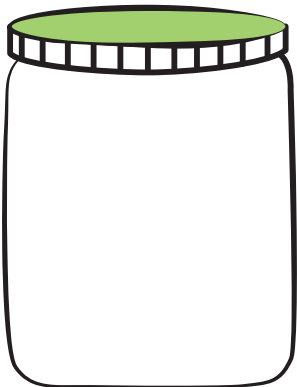
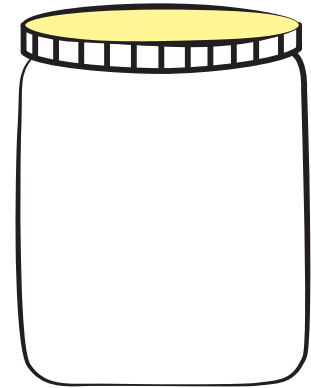
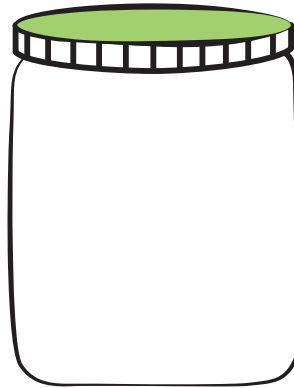
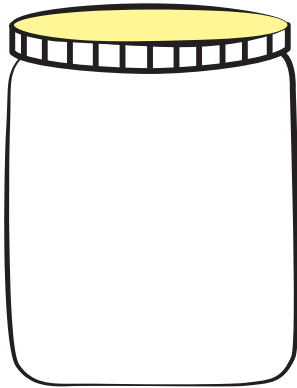
Family member

Favorite place

Friend

Stuffed animal

Teacher



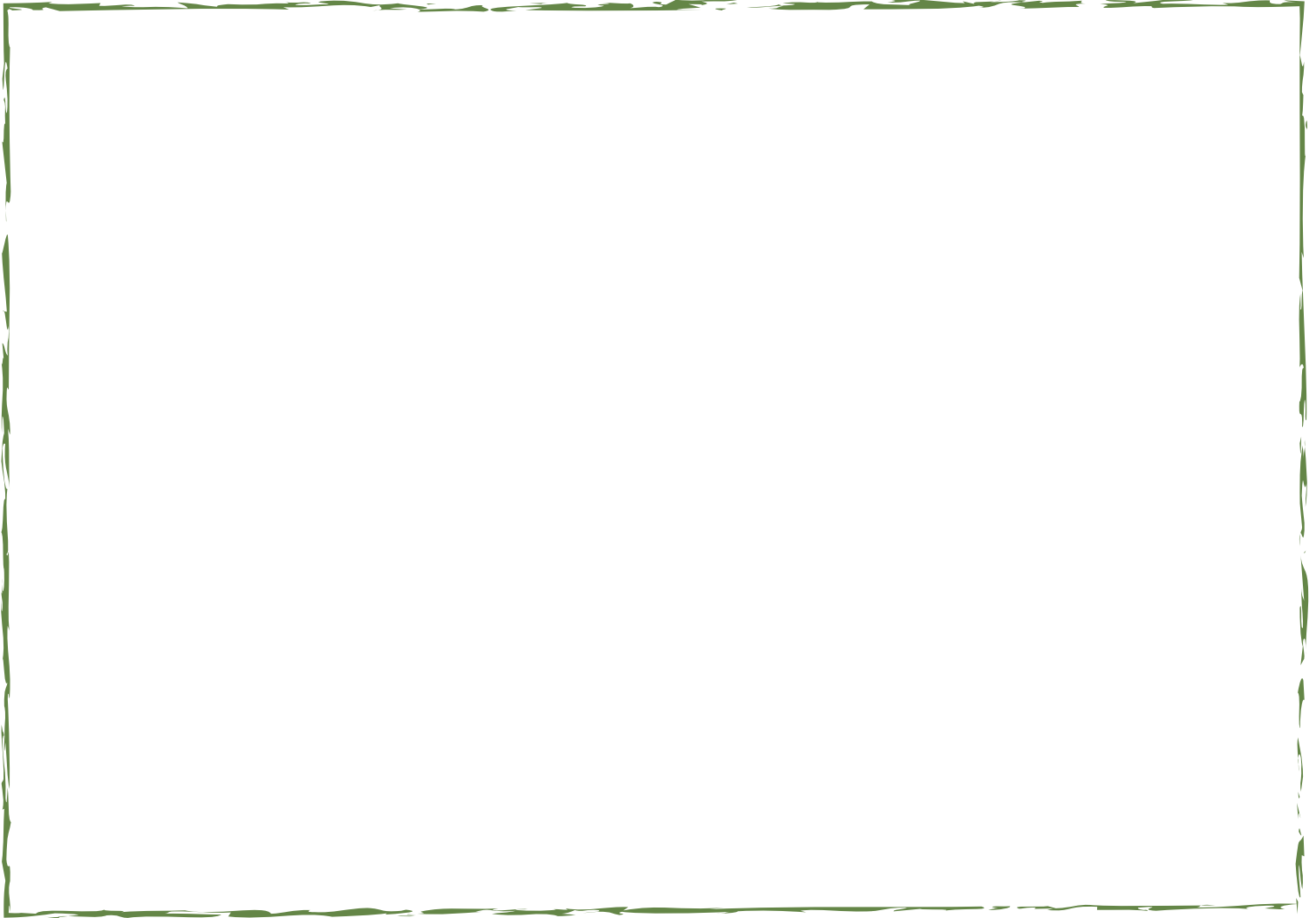
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Below, draw a picture or write a few words of thanks to a loved one who you care about and tell them why you are grateful for them!

Draw a picture



Write words of thanks

I am thankful for _____

because _____.