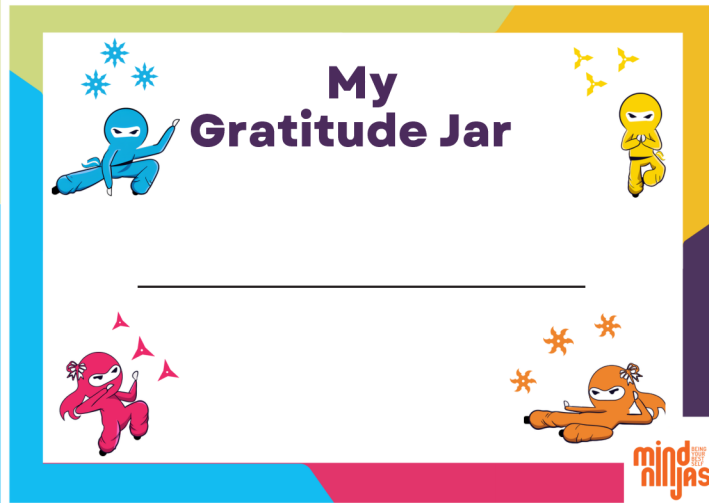


Gratitude Jar Label

Cut out the gratitude jar labels below.. Write your child's name and stick on to a jar or box.

Start a daily practice of gratitude by completing one note daily and placing inside the gratitude jar. See the next page for the gratitude notes.



Gratitude Notes



Cut these notes into the individual gratitude notes. Start a daily practice of gratitude by completing one note daily and placing inside the gratitude jar. Print additional sheets as required.

I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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I feel thankful for... write here

My family Food and water My toys

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My friends and pets My school and teachers My home

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