

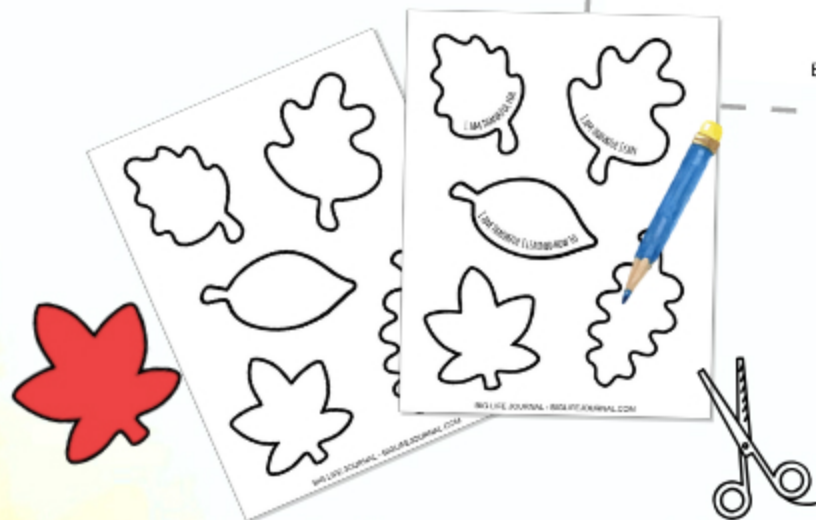
MAKE YOUR OWN GRATITUDE TREE

6-Piece Poster

1 Print out the 6 pages of the poster. **Cut** along the dotted lines (cut on the *inside* line so the black dotted line does not show).

2 Line up the edges and **tape** the front and/or back of the poster.

3 Print out the 2 pages of leaves on white or colored paper. Cut out the leaves and each day write what you are grateful for. Glue the leaves to your Gratitude Tree.



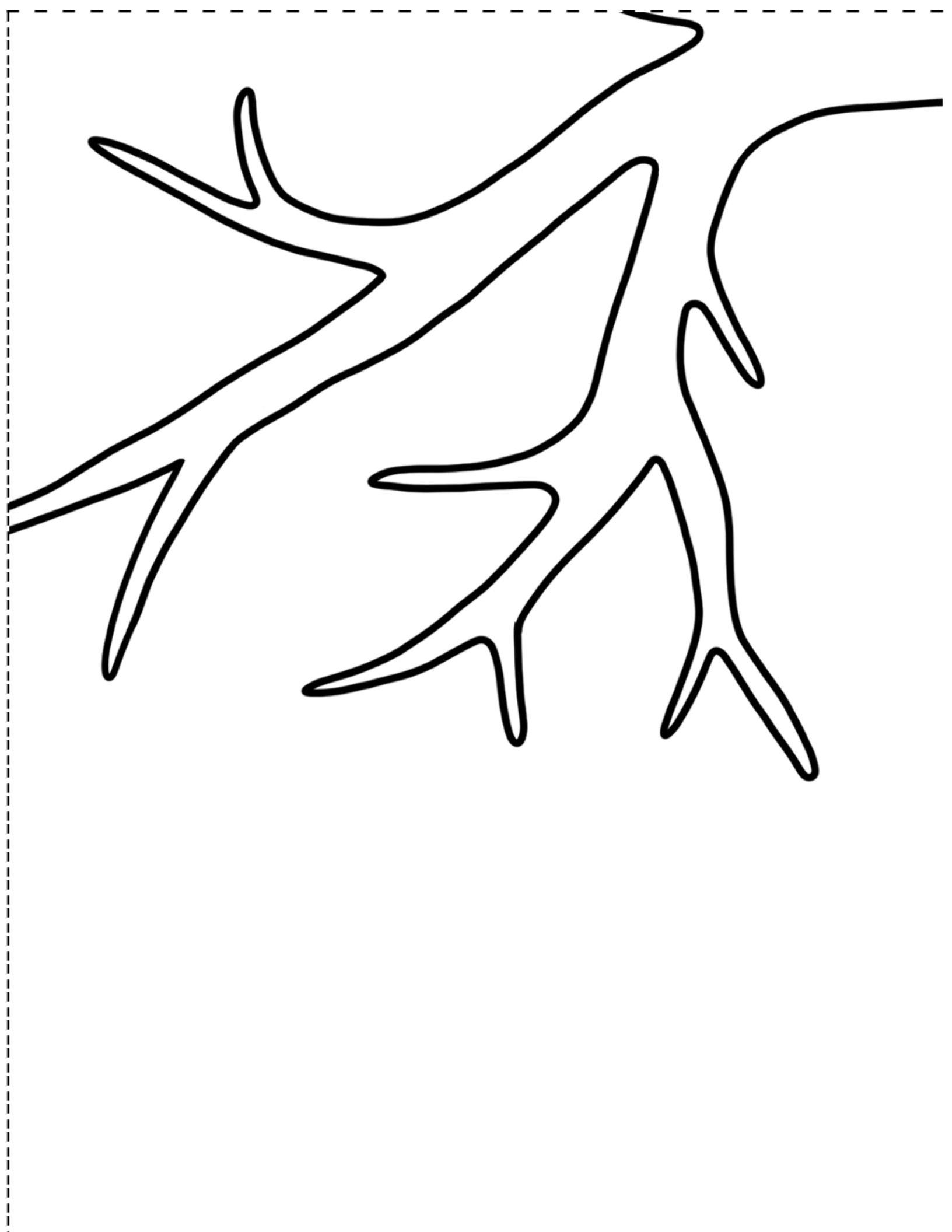
Dear Grandma

✓

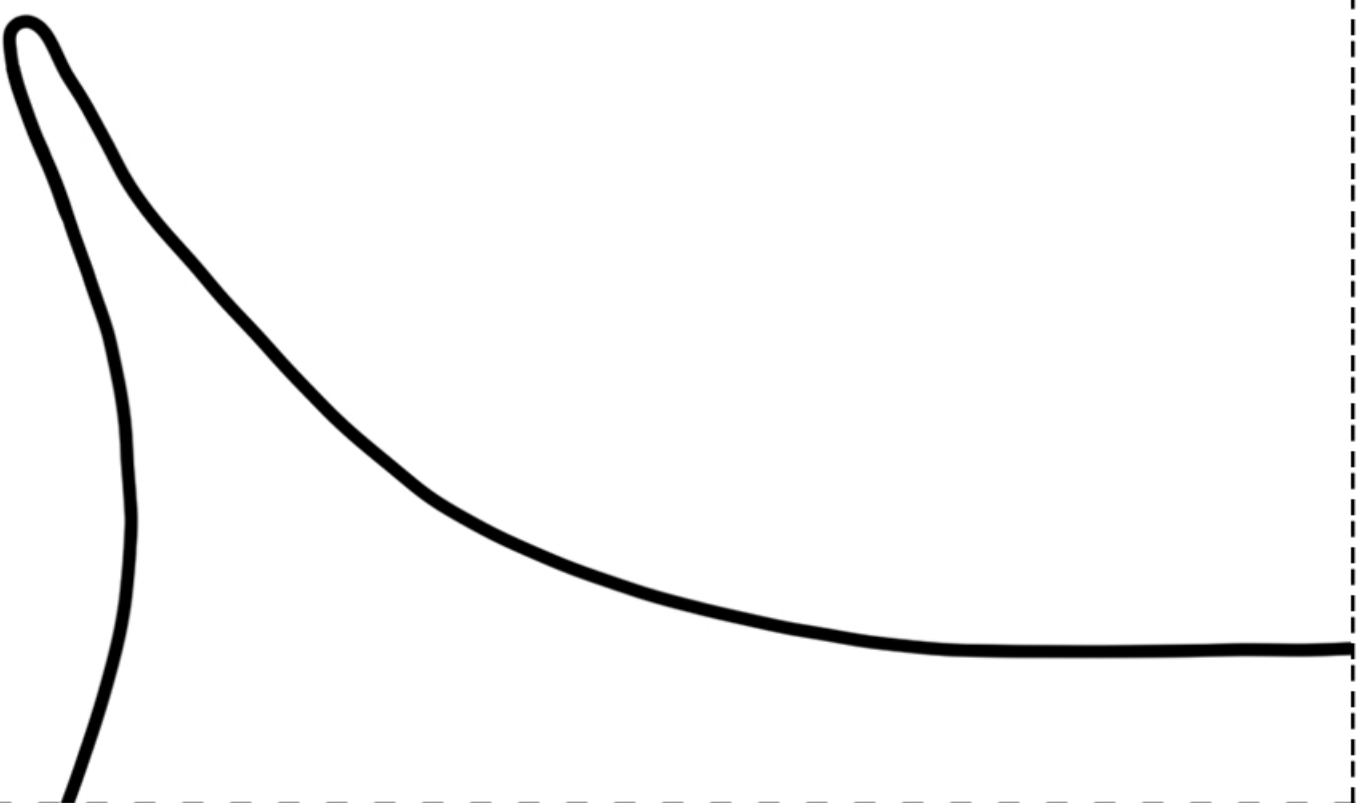
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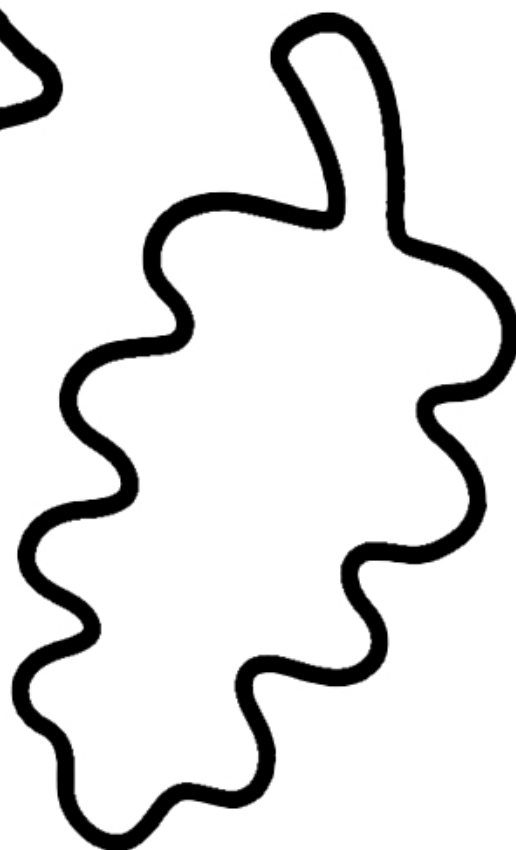
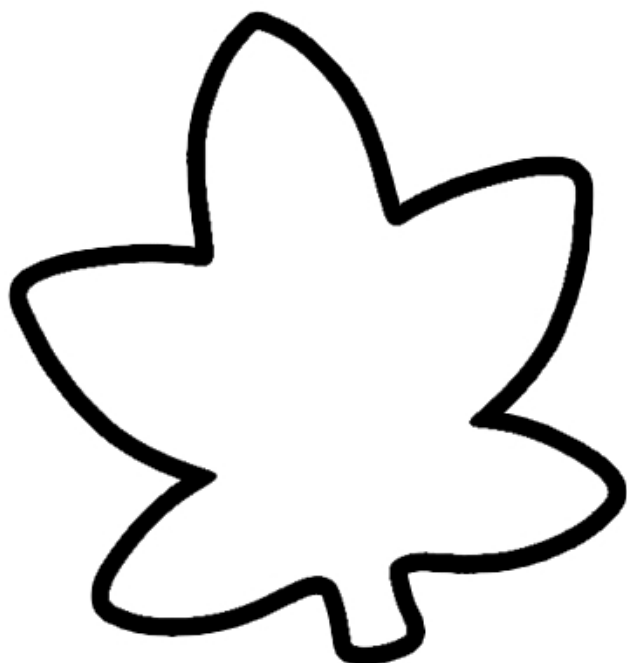


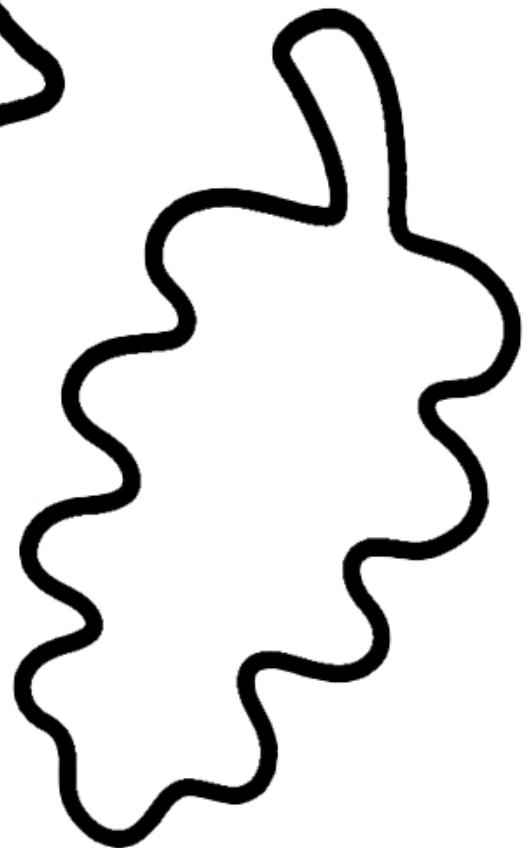
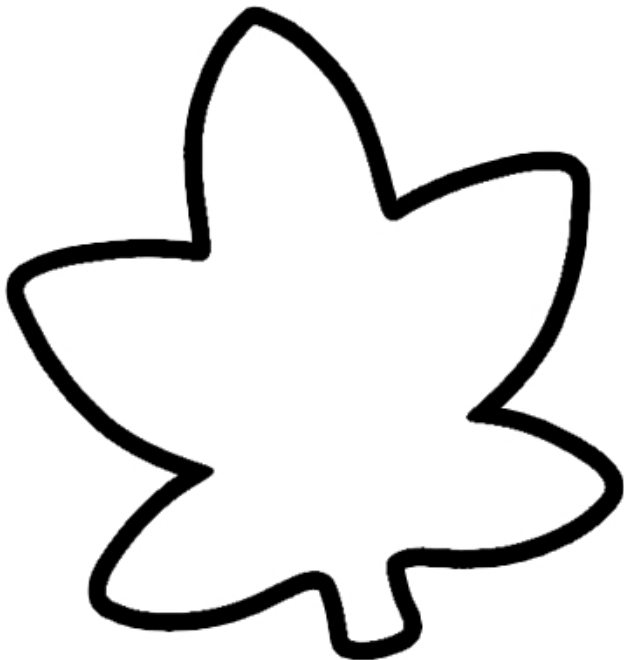
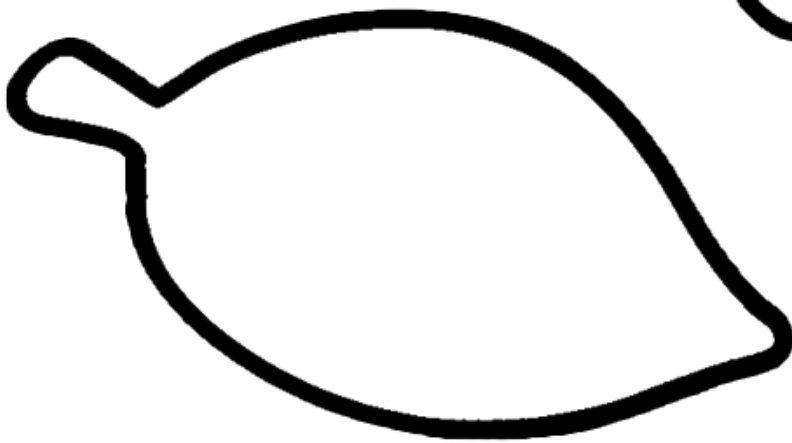
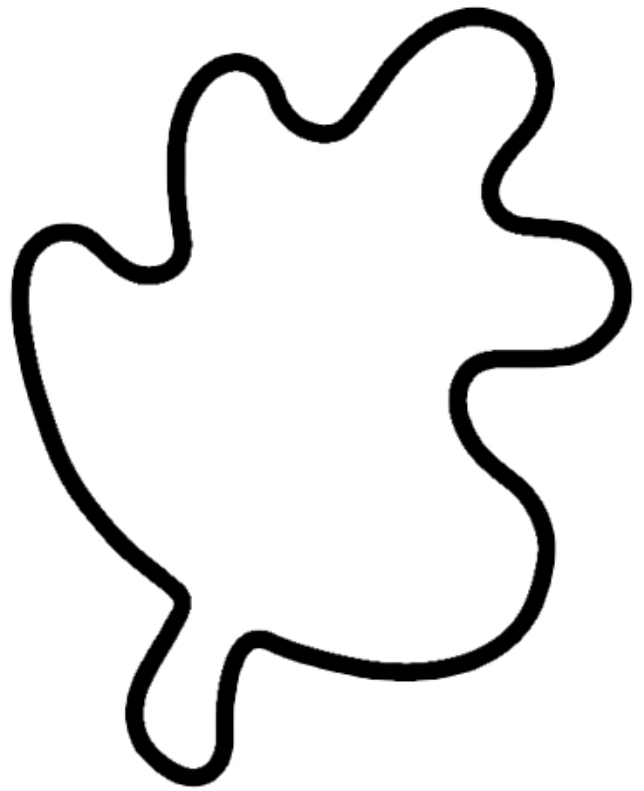
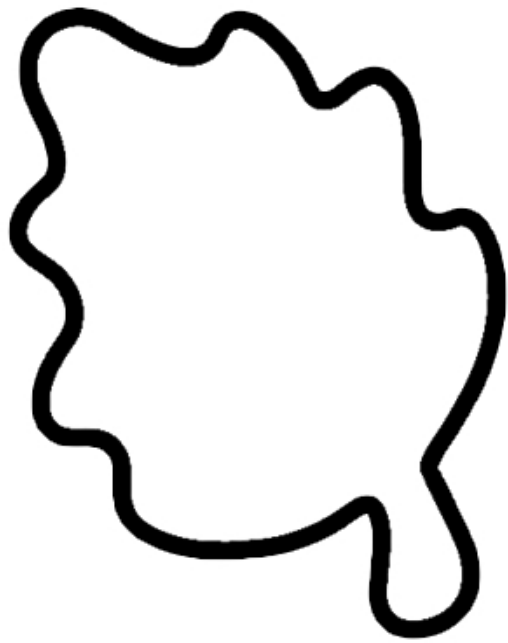




BIG LIFE JOURNAL -









EFFECTIVE WAYS to raise a GRATEFUL CHILD



by Big Life Journal

1 SHARE A GRATITUDE JOURNAL FOR 30 DAYS

- Listing out a few things we are grateful for each day can have a **positive impact** on our mood, attitude, and relationships.
- Each day, **list three to five things** you are grateful for.
- Share with each other or just ask your child once in a while, *"How do you feel after you've written what you are grateful for?"*



2 NOTICE AND SAVOR THE SMALL STUFF

We can help our children become **noticers of the good** by...

- **pausing** to notice and "take in" the beauty of a sunset
- **appreciating** a stranger holding the door open for you and your child
- **stopping** to admire a vibrant tree in the park
- **listening** to birds sing early in the morning



3 WRITE A GRATITUDE LETTER

- **Take some time** to sit down with your child and write a gratitude letter to a family member or anyone else.
- **Don't go for perfection** – go for authenticity.
- You and your child might not only make someone's day, but make their life.

