



Growing Our Gratitude

What makes me happy:

What I'm thankful for right now:

1.

2.

3.

I am thankful for these people because:



7 Days of Growing Our Gratitude

Write what you are thankful for each day and share with your family members.

Today I am thankful for...

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

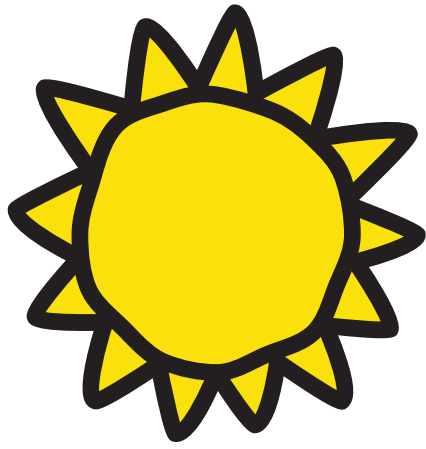
Sunday: _____

ON OUR SLEEVES[®]

The Movement to Transform Children's Mental Health



NATIONWIDE CHILDREN'S[®]



You light up my life!
I'm grateful for you!

To: _____

From: _____

ON OUR
SLEEVES

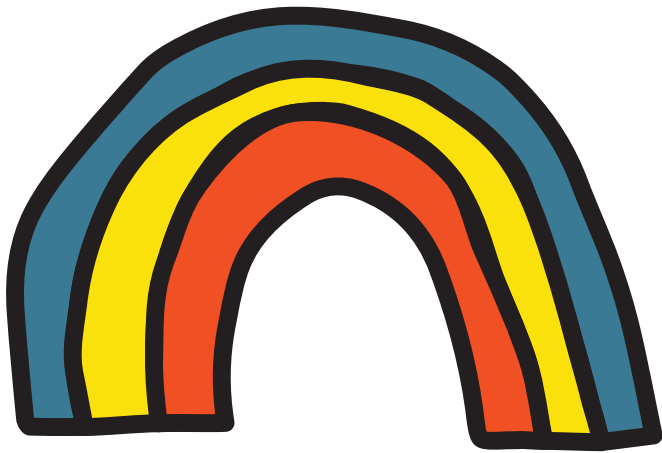


My heart is full because of you!
I am grateful for you!

To: _____

From: _____

ON OUR
SLEEVES



I'm grateful for you!
Here's a virtual hug!

To: _____

From: _____

ON OUR
SLEEVES



Just because we can't be together
doesn't mean I'm not thinking of you!
I'm grateful for you!

To: _____

From: _____

ON OUR
SLEEVES

