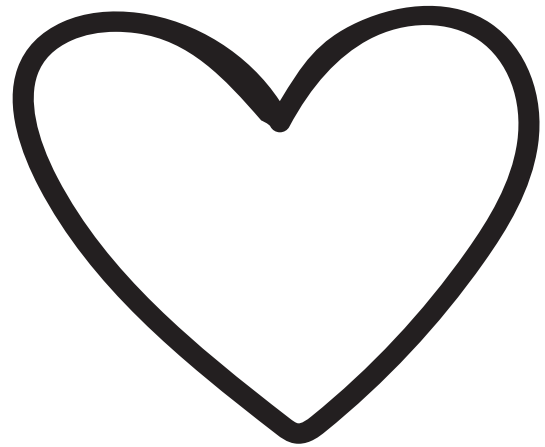
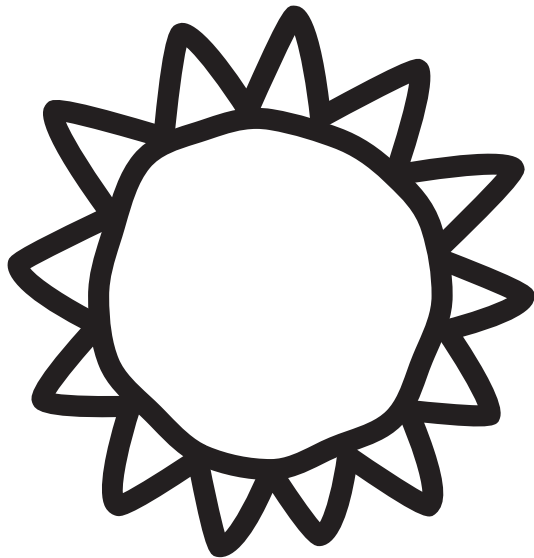
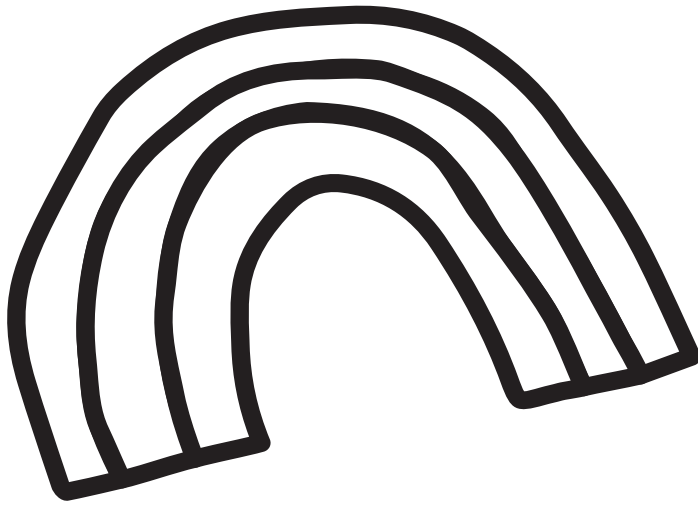


Showing gratitude is good for our health! What are you thankful for?



Name: _____

Age: _____

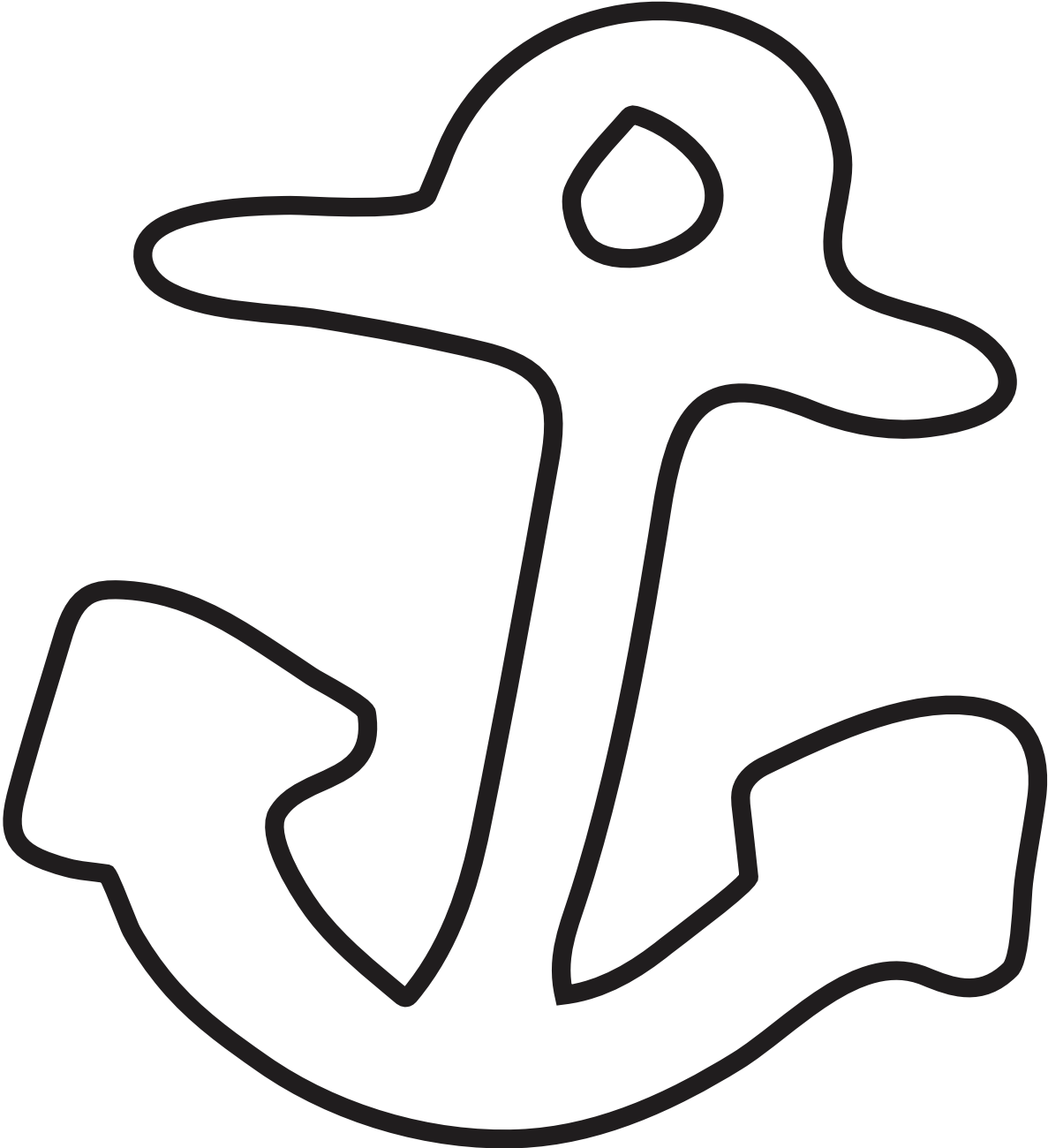
For mental health tips and information, visit [OnOurSleeves.org](https://www.onoursleeves.org).

ON OUR SLEEVES[®]

The Movement for Children's Mental Health

Who is your anchor?

Color in the anchor with your favorite color and add words as to why this person is your anchor.



Name: _____

Age: _____

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Spread kindness today. Write a message to someone you love.



Name: _____

Age: _____

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The Movement for Children's Mental Health

Spread kindness today. Write a message to someone you love.



TO:
FROM:

Name: _____

Age: _____

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