

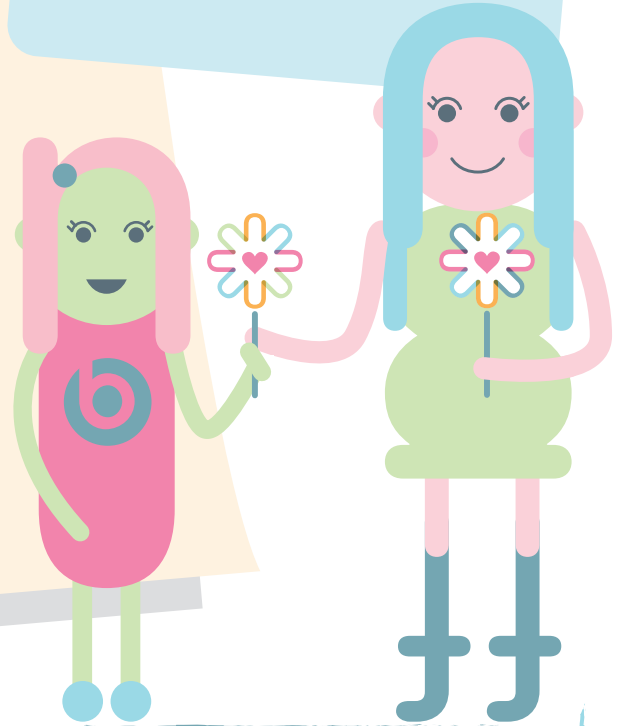
Challenge 2 - Today I am grateful for ...

‘It is not happiness that makes us grateful,
but gratefulness that makes us happy.’

David Steindl-Rast

Draw or write down things that you feel grateful for.

Tip - Next time you feel upset
try thinking of 3 things that
you are grateful for - even if
they are really small things
like the sun, a hug, the rain, a
toy.



We can be grateful for all kinds of things. Draw or right down what you are grateful for in your:

Family

Home

Room

School