

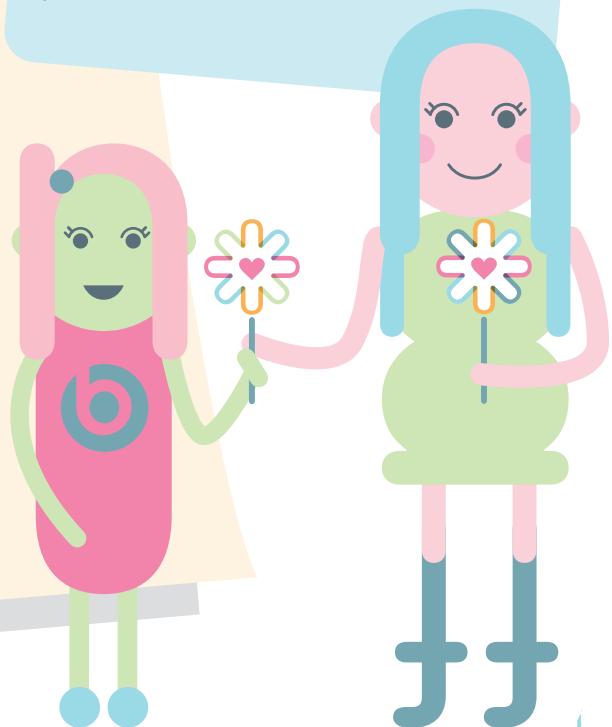
Challenge 2 - Today I am grateful for ...

‘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