Start A Gratitude Jar: Stuck for ideas? Print out these cards to help your kids get started. © The second page is blank – so they can make up their own gratitude jar 'thank you' notes!

Today I have Something I Something enjoyed... feel happy funny that about today... happened... Something kind I was able to... Some good that someone news today did or said... was that... I feel glad that Thank you for I am feeling excited about... I can... ту...

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