

The Key Ingredient for HAPPINESS is a GRATEFUL HEART

FRAME YOUR GRATITUDE ACTIVITY

SFK.ORG



I am Thankful for...

Instructions: What are you grateful for?
Take time to answer the following gratitude prompts.

A song
that you
love

Your best
friend

A person
in your
family

A happy
memory

A gift
that you
received

Your
favorite
dessert

Another
person

Your
favorite
book

Your
teacher



I am Thankful for...

Your
favorite
holiday

A smell
you love

Another
person in
your
family

A hobby

Something
about
school

An item
you use
everyday

Something
you like
about
yourself

Something
about
Nature

Favorite
part of
your home



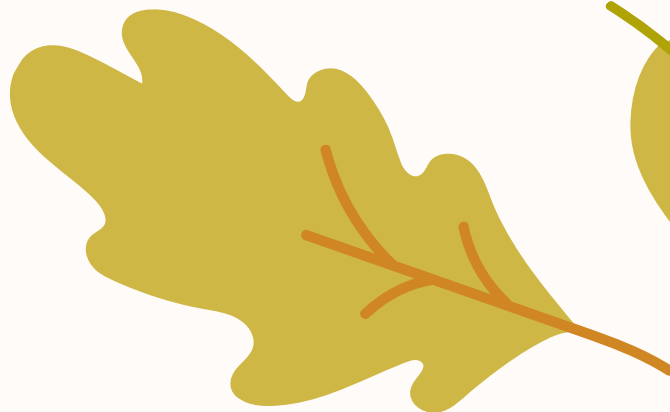
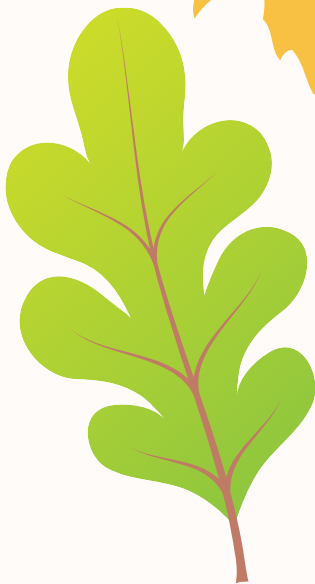
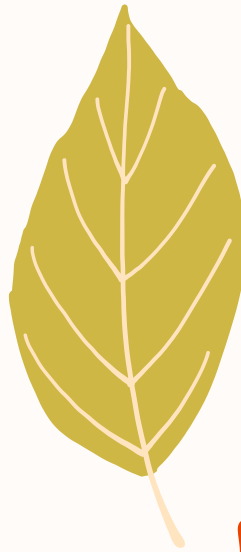
I am Thankful for...

Instructions: Cut out the leaves and write your answers from the gratitude prompts on it.





I am Thankful for...





I am Thankful for...

Instructions: Paste the cutout leaves with your grateful prompts written on it around a picture frame (make sure to put your favorite photo in it).



If you practice gratitude every day, you will discover that there is so much to be grateful for. And the more thankful you become, the more light will shine through you.

Happy Thanksgiving!