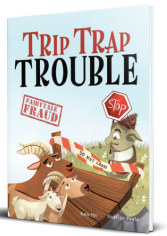




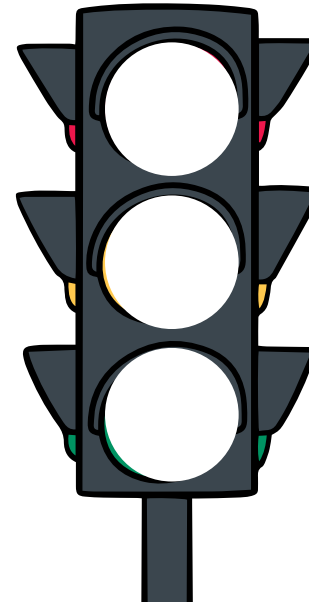
# GROW GRATITUDE



Can the billy goats gruff end their quest for the best?

DRAW WHAT YOU THINK YOU NEED TO BE HAPPY

Draw your traffic light emojis here!



MAKE EMOJIS!



STOP comparing with others

Guess what! You will always be able to find someone better off AND worse off than you.

CAUTION: with disappointment

You may need to feel really sad about your disappointment before you can be thankful. Don't rush it!

START counting your blessings

Even when things are challenging we can usually find something to be thankful for. Give it a go!

I'M THANKFUL FOR...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Challenge: Can you list things that no-one else comes up with!

GET LAUGHING!

Make up worst case scenarios and take turns trying to find the bright side.

Too easy? Make them worse and then look for the bright side again and again!

QUESTION TIME

Choose a question! Ask the person on your left.

- What is tough to be grateful for?
- What is an awesome way to say thank you?
- What do you wish you were thanked for?