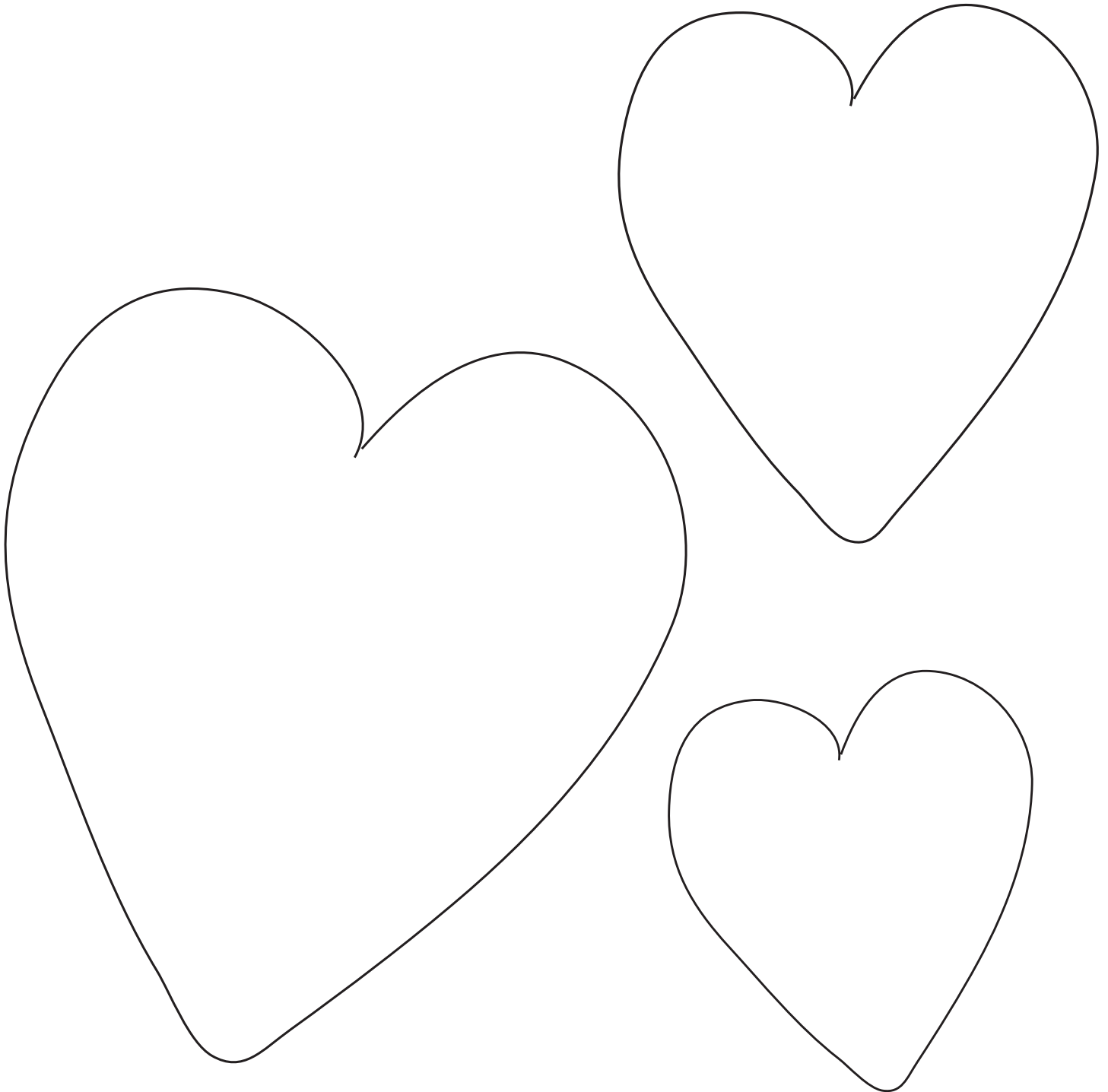


GRATEFUL HEART

- Reflect on things you are grateful for.
- Write or draw the things you are grateful for inside the heart shapes.



Focusing on gratitude promotes mindfulness by shifting the child's attention to the present moment and cultivating a positive mindset through appreciation for what they have.