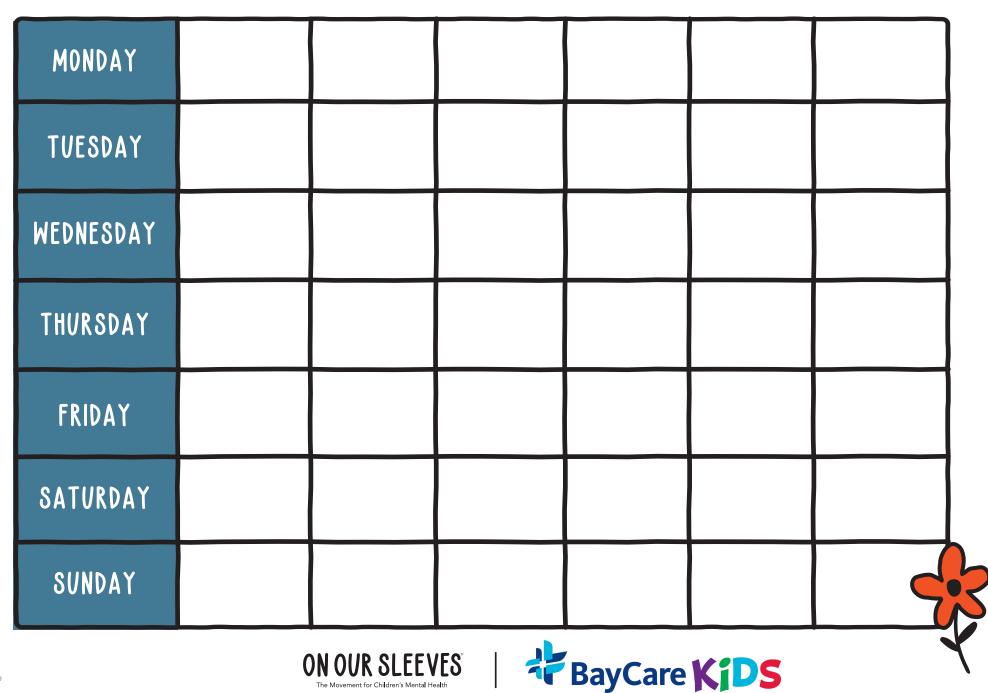
Your Gratitude Chart

Every day this week, have each family member write/draw something they're thankful for, and write their name in the same space. Put it someplace where everyone can see it. At the end of the week, talk about it together.



The Movement for Children's Mental Healt