



I AM THANKFUL



Instructions:

Plant the Seeds of Gratitude:

Begin by thinking about three things you are thankful for. Write or draw them in the soil patches below each flower.

Blossom with Positivity:

Color and decorate the flowers with vibrant hues that make you feel happy. Each petal is an opportunity to express positivity.

Express Your Gratitude:

In the speech bubbles, share why you are grateful for each item you've planted in your garden.

Watch Your Garden Grow:

This isn't just a one-time activity! Keep this sheet somewhere safe. Add new seeds of gratitude whenever you want to watch your garden grow.