

What are you grateful for today?



Gratitude can come in many forms. You can be grateful for friends, family, food, fresh air, music, or even time to rest.

Before you come in, note down below what you or your child are grateful for today!

Display this poster on the front door of your foyer, on the door of each room, or make your own with a chalkboard or whiteboard! Pop some writing tools close by for families to use.

Original idea by Rod Soper, Chief Wellbeing Officer at Personhood360. Used with permission.