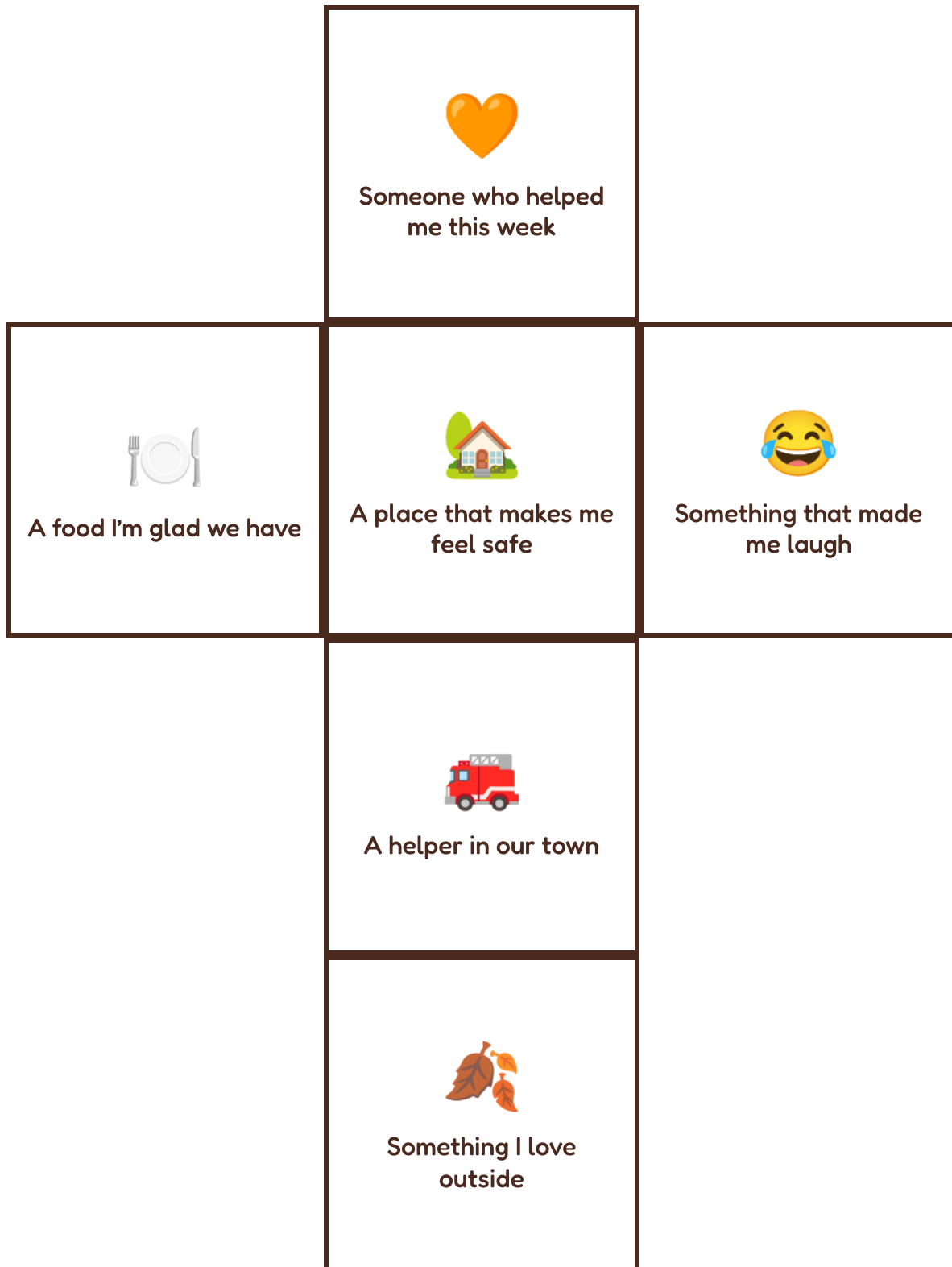


Roll a Thank-You!

Cut out the cross shape, fold on the lines and tape the edges to make a cube (card stock works best). At the table, roll it and answer the side that lands on top. Little ones can point or draw; grown-ups go first to show how.



Our Family Gratitude Jar

Cut out the slips, keep them by a jar, and add one at bedtime (the AAP suggests a family “gratitude jar” for collecting what went right). Read them all together on Thanksgiving, or whenever someone has a hard day.

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

Today I'm thankful for...

because

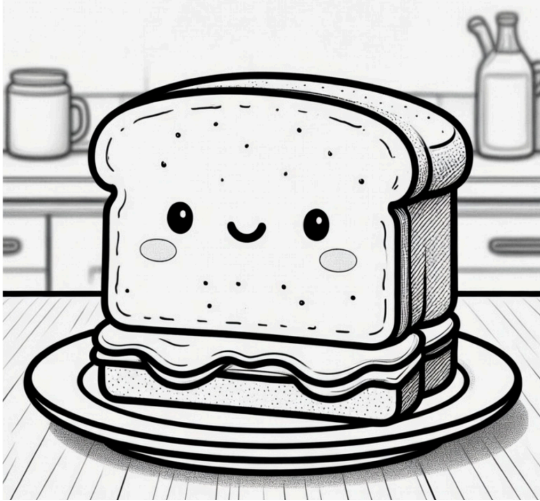
Today I'm thankful for...

because

Grown-up prompt (Notice • Think • Feel • Do, from UNC's Raising Grateful Children research): What did you notice? Why do you think they did it? How did it make you feel? Is there something you want to do to say thanks?

Thank You for the Yummy Food!

Color the treats from our *Delicious Food Coloring Book*, cut on the dashed line, fold in half and give it to the cook. Kids who can't write yet can dictate or draw.



Dear _____,

Thank you for making _____.

My favorite part was _____.

It made me feel _____.

Love, _____