

I am grateful for:



Make a Gratitude Tree

- **Gratitude** is one of many positive emotions. It's about focusing on what's good in our lives and being thankful for the things we have. It's pausing to notice and appreciate the things that we often take for granted, like having a place to live, food, clean water, friends and family.
- You can make a gratitude tree to show some of the things that you feel grateful for. There are many ways to do this. You could draw a tree and write down all of the things you are grateful for around it or you could be really creative – use these ideas for inspiration.
- When you have finished your Gratitude Tree, keep it somewhere that you often see it, so you can have time to reflect on all of the good things in your life.