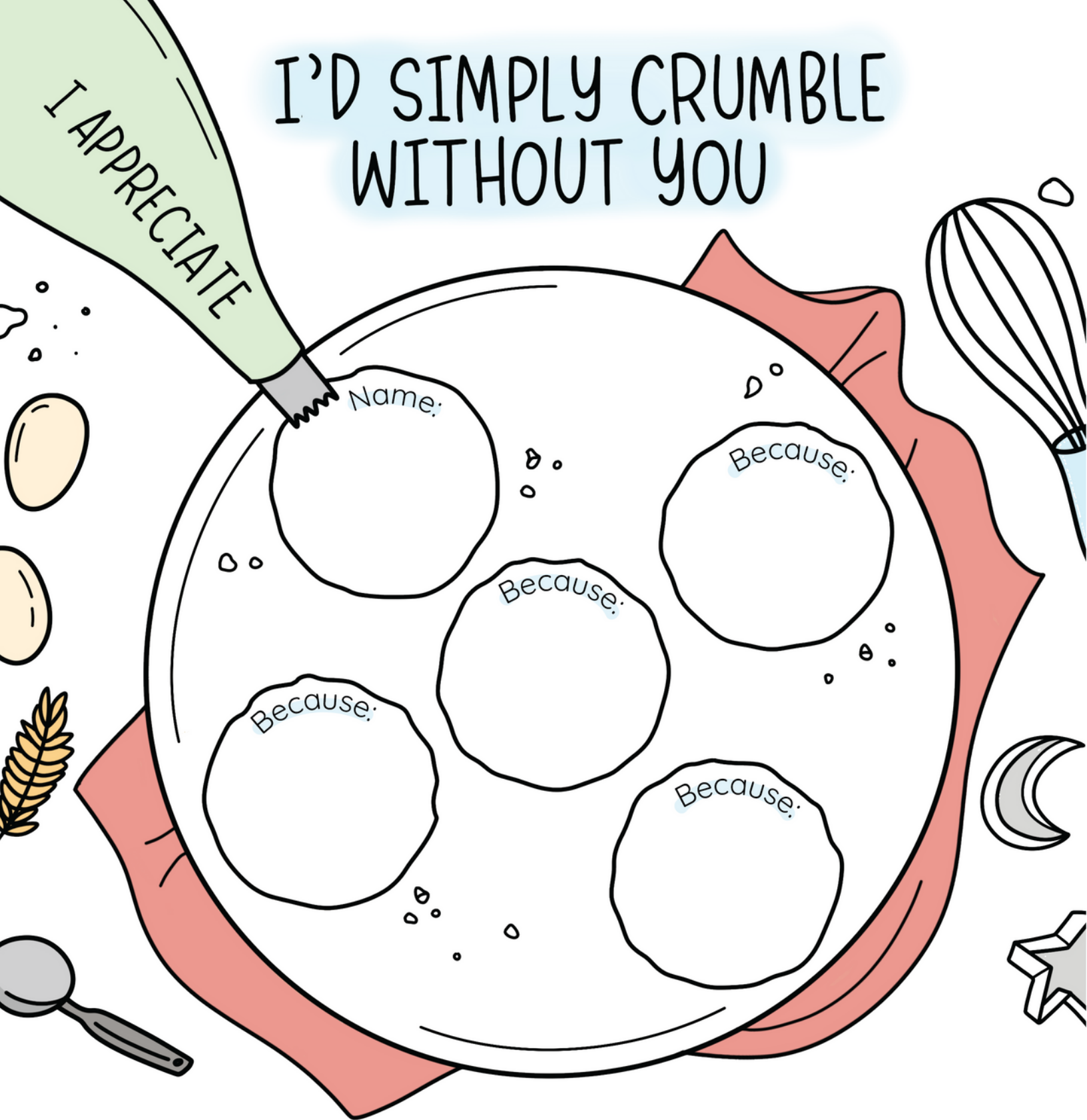


Directions: Choose a family member or classmate and write their name on the first cookie. Then, pass the paper around to four different people. Each person will write something they appreciate about the person inside a cookie. Give the completed cookie pan to the person named to remind them of all of the ways they are appreciated.



Directions: Choose a family member or friend and write their name on the first cookie. Then, think of four things you appreciate about the named person and write each thing inside a cookie. Give the completed cookie pan to the person named to remind them of all of the ways they are appreciated.

Gratitude & Mindfulness Kit

Ages 5-12

This Gratitude & Mindfulness Kit is packed with opportunities for your child to cultivate an appreciation for what they have, promote positive thinking, boost their confidence, and strengthen their relationships so they can lead a happy life.

These are great as my son and I can do them together, and by **having the posters up in the kitchen, we can refer to them often.**

The real bonus is the quality time which is his love language, double whammy!."

- Katherine."

★★★★★



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With gratitude,
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