

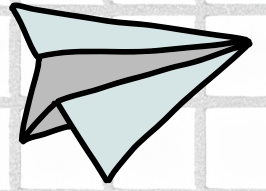


jar of gratitude

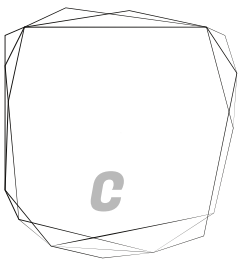
FILL UP YOUR JAR WITH THE THINGS YOU
ARE MOST GRATEFUL FOR!



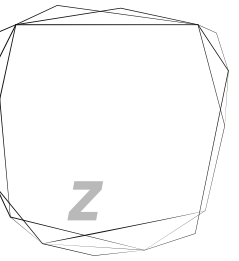
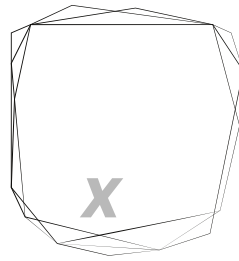
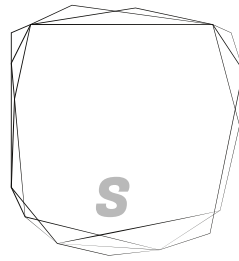
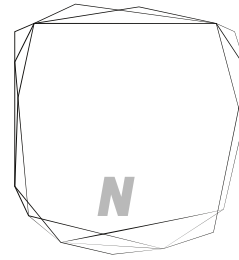
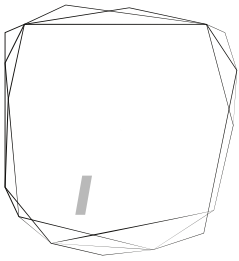
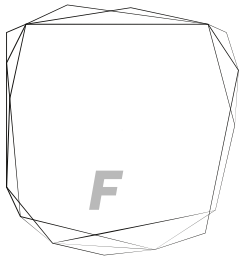
Fill in the Blanks



1. MY FAVORITE COLOR IS _____.
2. MY FAVORITE MOVIE IS _____.
3. I'M REALLY GOOD AT _____.
4. IF I COULD ONLY EAT ONE FOOD FOR THE REST OF MY LIFE, IT WOULD BE _____.
5. IF I WAS A DINOSAUR, I WOULD BE _____.
6. THE BEST SUPER POWER TO HAVE WOULD BE _____.
7. I WANT TO LEARN HOW TO _____.
8. THE BEST SONG TO DANCE TO IS _____.
9. MY FAVORITE TV DAD IS _____.
10. THE BEST ICE CREAM FLAVOR IS _____.
11. _____ IS MY FAVORITE PLACE EVER.
12. THE BEST PIZZA TOPPING IS _____.
13. I WISH _____.



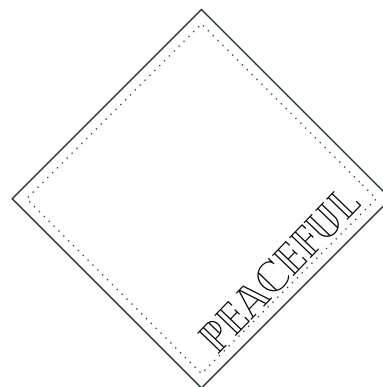
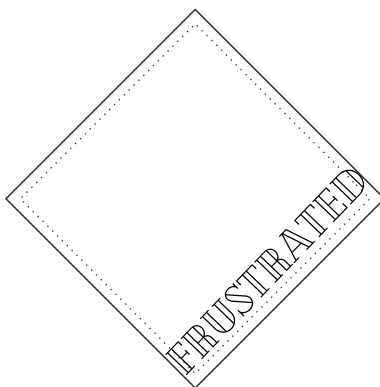
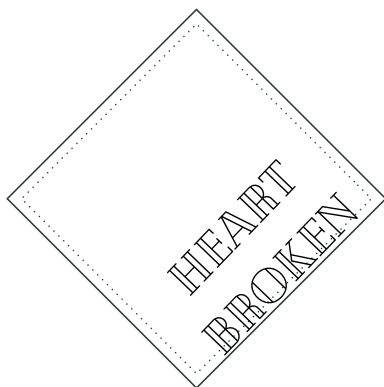
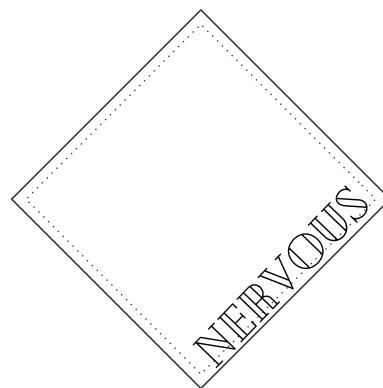
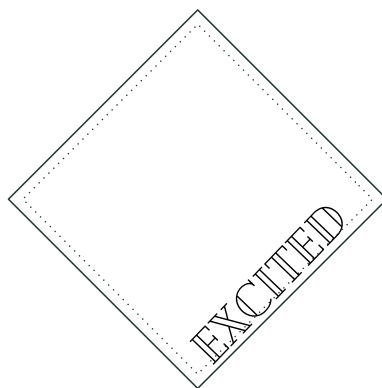
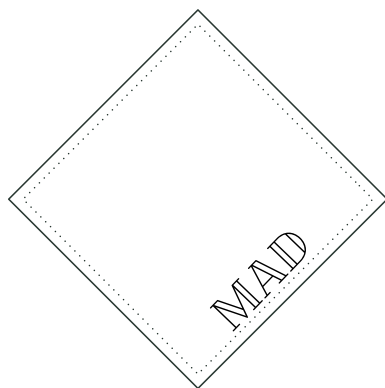
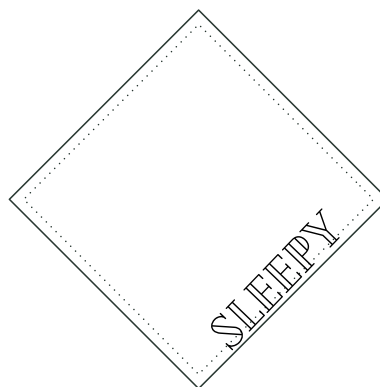
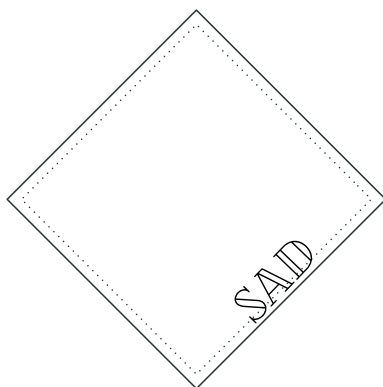
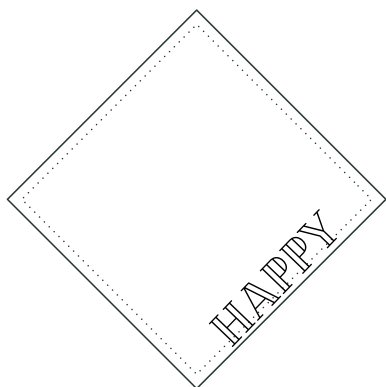
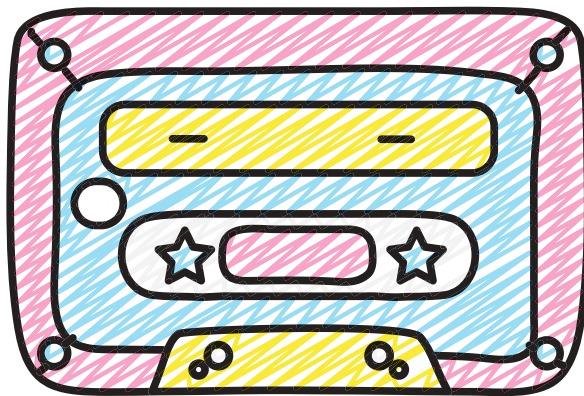
ME!



about YOU!

Feeling the Music

FOR EACH EMOTION, WRITE
DOWN A SONG THAT YOU
LIKE TO LISTEN TO WHEN
YOU ARE FEELING THAT
WAY.



Right Now.

Date:

Time:

One good thing about
this moment, right
now:

Another good thing about
this moment, right now:

One thing that is not perfect
right now, but that is okay:

3 things I can hear right now:

One emotion I'm feeling right
now:

Something I like about myself right
now:

How this emotion is affecting
me right now:

One person who
loves and supports
me right now:

A song I love right now: