

THANKSGIVING

Pass the Gratitude Game

Take a slow, deep breath before you start. Think about the people, places, and moments that make your life brighter. Gratitude means noticing the good things all around you, big or small.

How to Play:

- Cut out the cards on the dotted lines, or make your own.
- Put the cards in a jar, bowl, basket, or pile.
- Take turns picking a card and answering the prompt out loud.
- Keep playing until everyone has had a few turns, or until it's time for dessert!

Something that made me smile this week is...	A person I'm thankful for is...	One thing I like about myself is...
My favorite memory from this year is...	A time someone was kind to me was when...	Something in nature I'm thankful for is...
My favorite thing about fall is...	A sound that makes me happy is...	Something I learned this year is...
One thing that makes our family special is...	A skill or talent I'm proud of is...	Something I can do to help someone is...
A small joy I noticed today is...		Something I'm looking forward to is...

