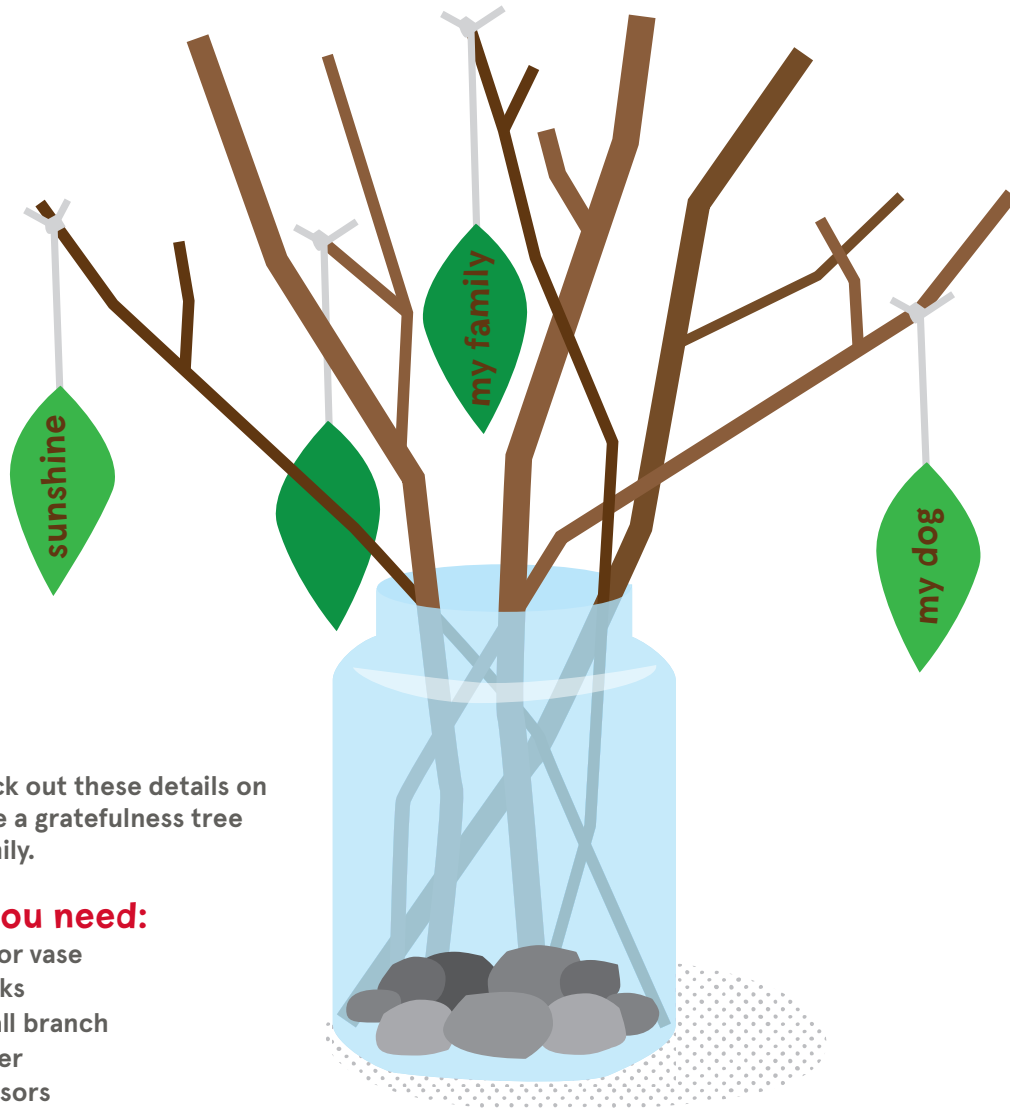


Let's
share

Gratefulness tree

Grow conversations about things you're grateful for



Parents, check out these details on how to create a gratefulness tree with your family.

What you need:

- Jar or vase
- Rocks
- Small branch
- Paper
- Scissors
- Crayons
- Yarn or non-toxic tape

Activity:

With a grown-up leading the way, head outside to find small tree branches and rocks. Back inside, gently add the rocks to fill a container. Stick in the branches, so it stands up like a tree. Get some paper (green construction paper is the best) and cut leaves out of paper. Have everyone in the family write what they're grateful for on the leaves. Hang the leaves from the tree branch with yarn or tape.

Extra fun:

Add to your gratefulness tree each week and talk about what's been added at dinner.