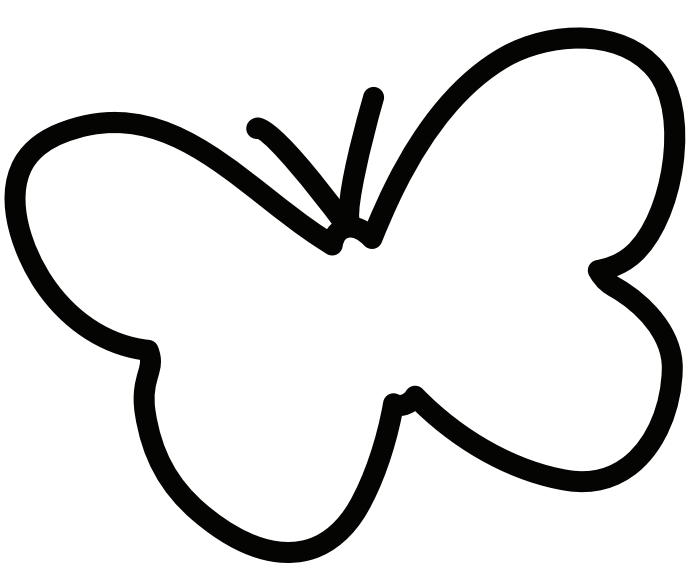
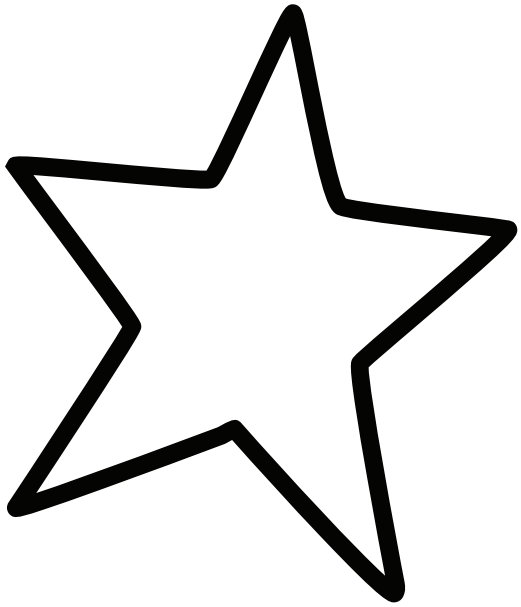
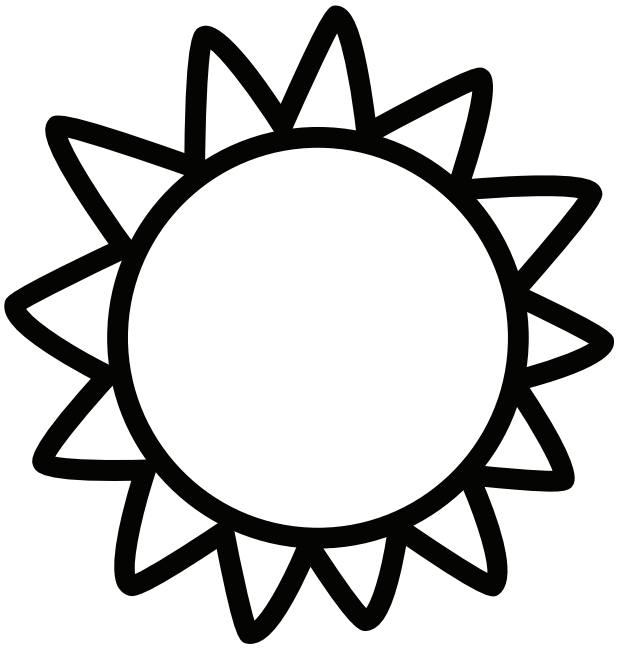
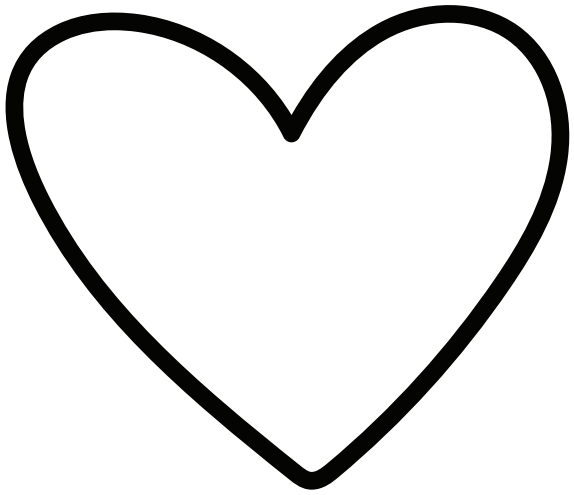
Showing gratitude is good for our health!

Write or draw four things you're thankful for.









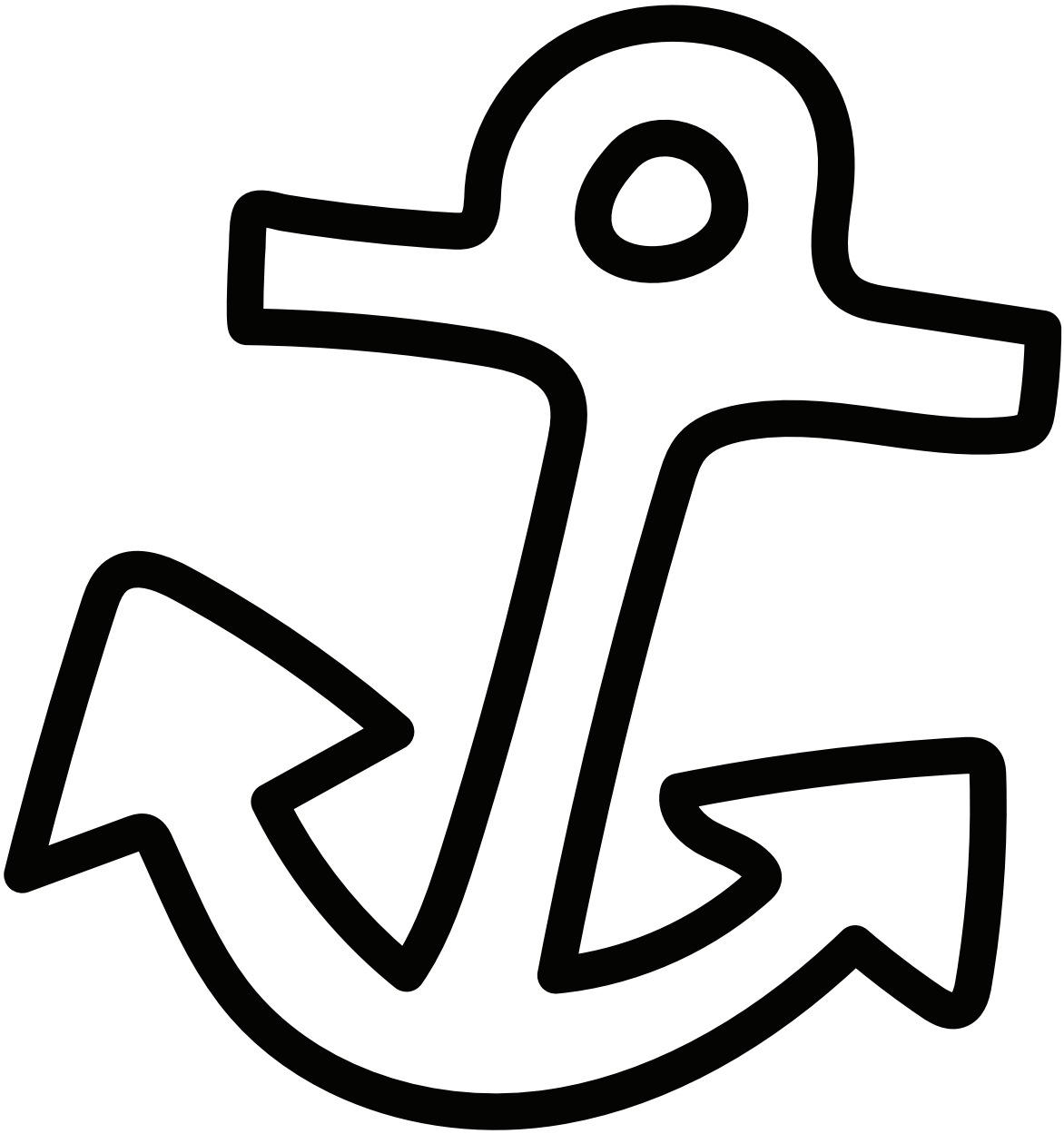
Name: _____ Age: _____

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Who is your anchor?

Color in the anchor with your favorite color and add words as to why this person is your anchor.

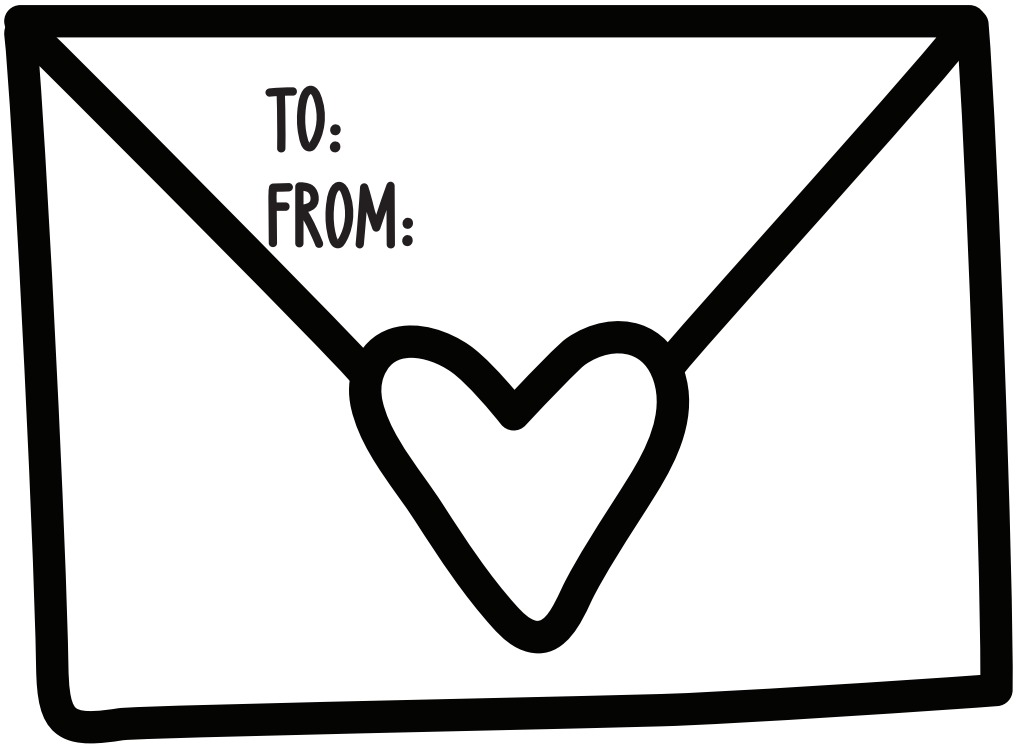


Name: _____ Age: _____

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Write or draw a message for someone you care about.

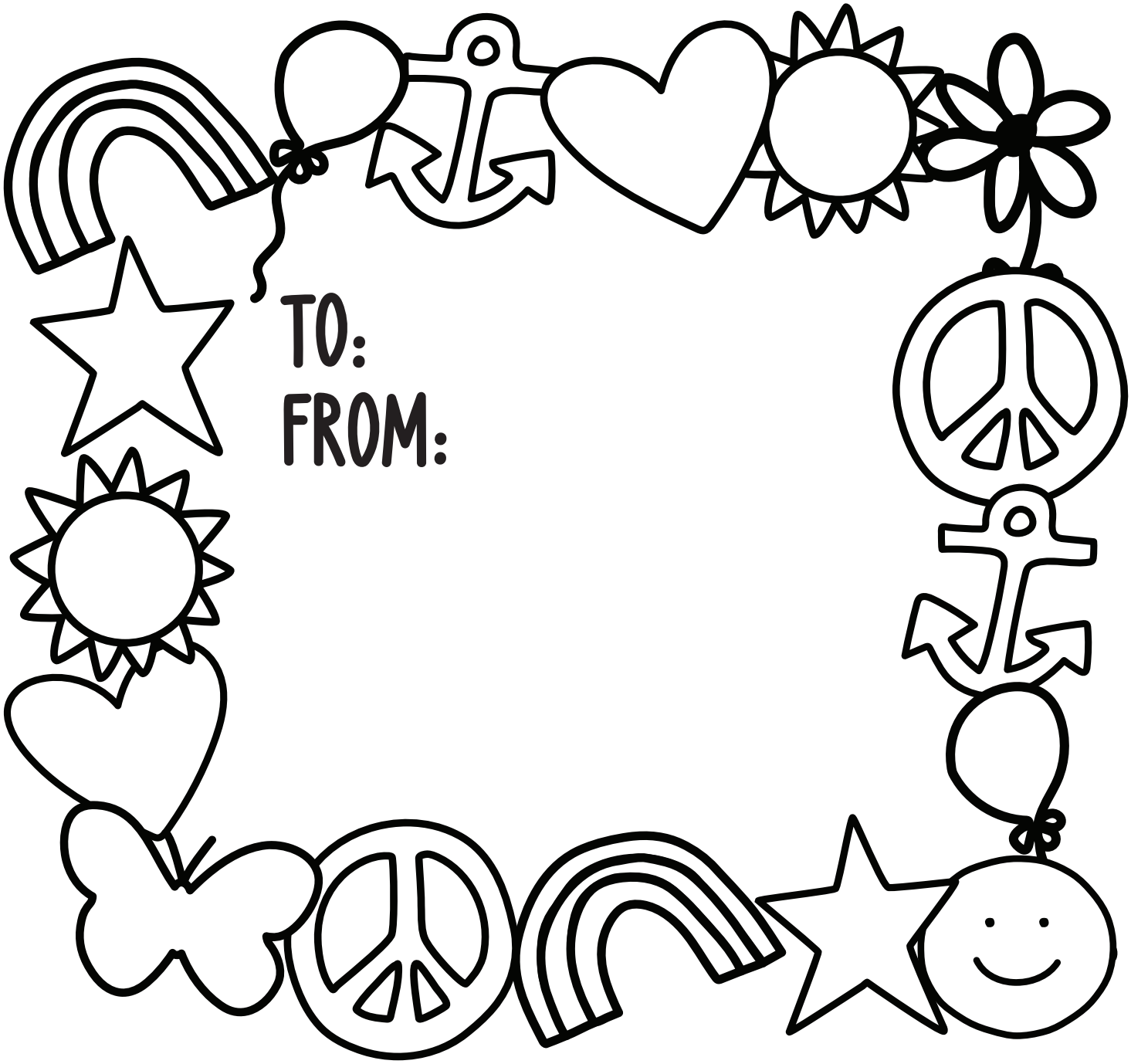


Name: _____ Age: _____

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Spread kindness today. Write or draw a message to someone you love.



Name: _____ Age: _____

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