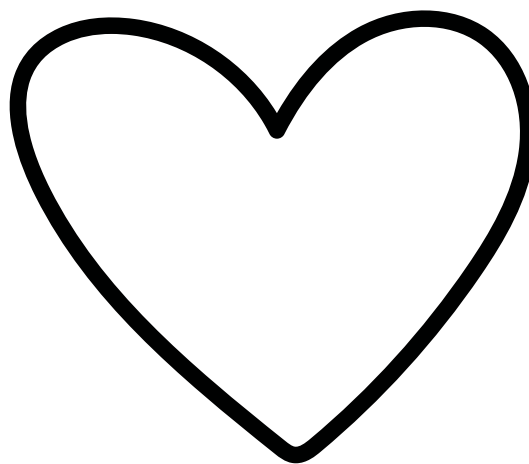
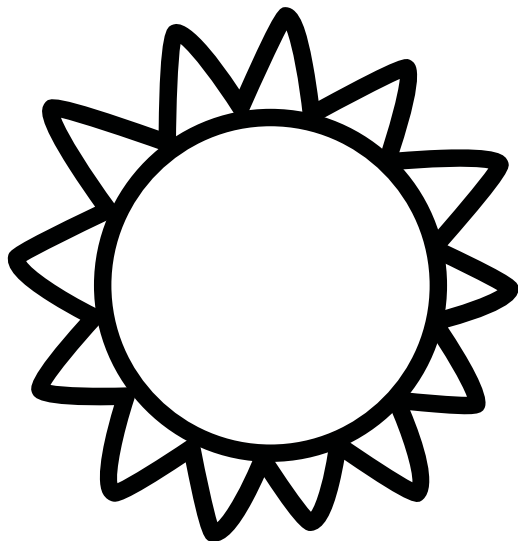
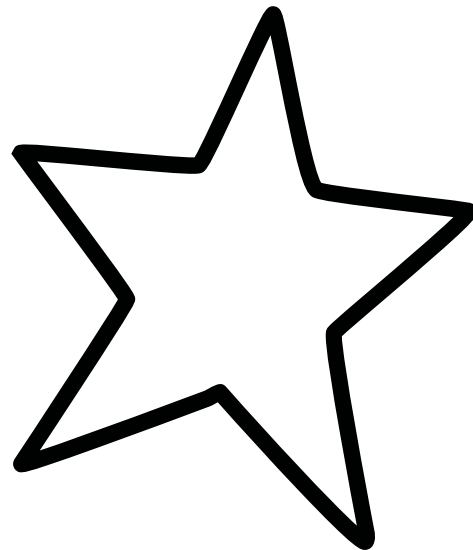
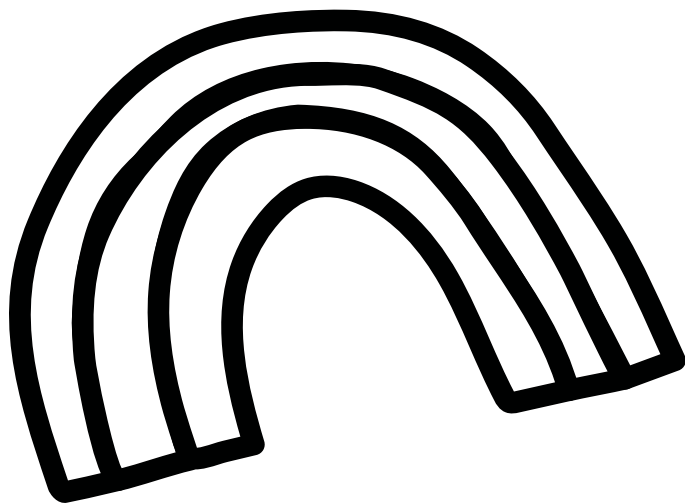


**Showing gratitude is good for our health!**  
**What are you thankful for?**



Name: \_\_\_\_\_

Age: \_\_\_\_\_

For mental health tips and information, visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org).

W25-4304



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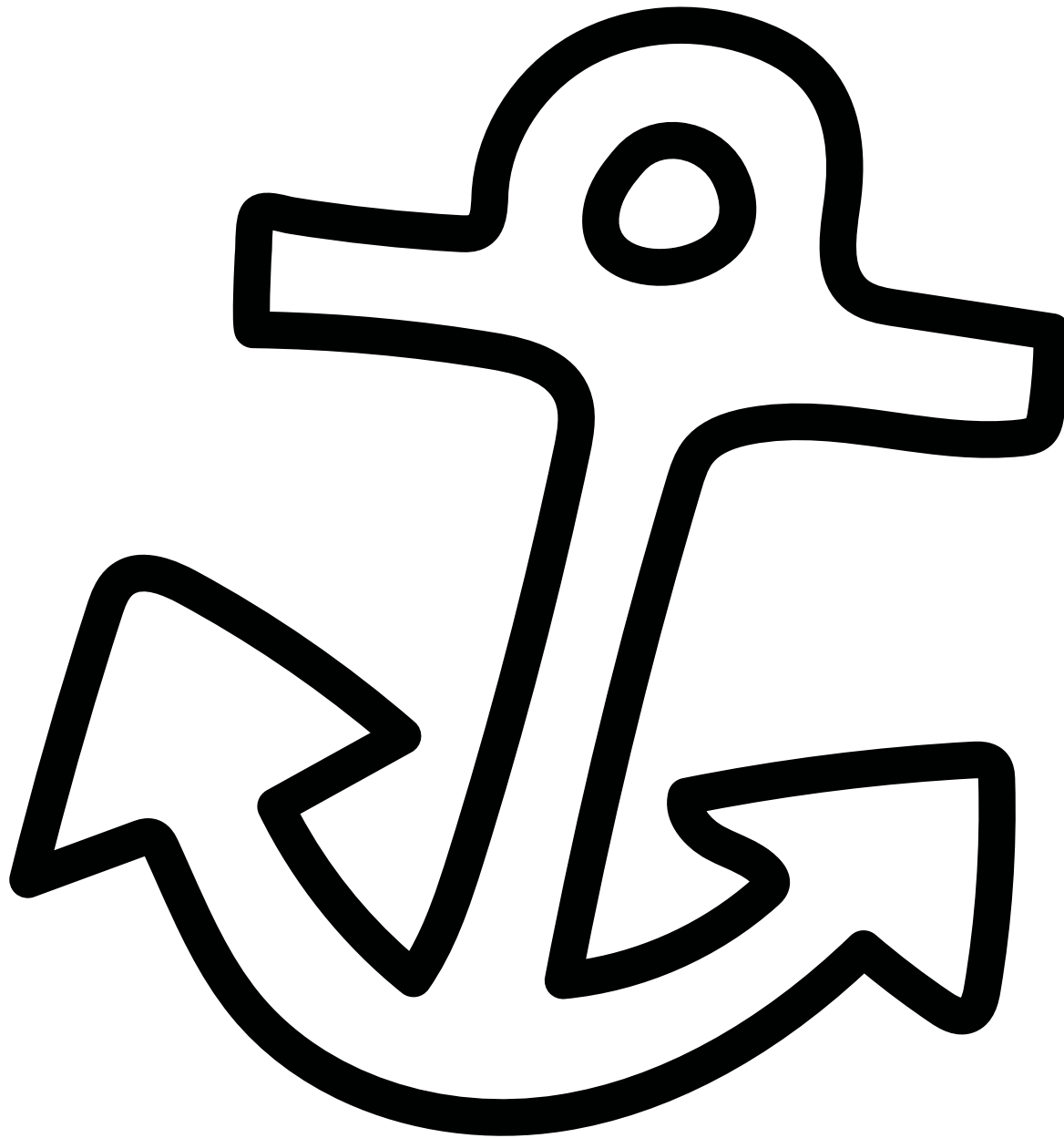


#KidsMentalHealthFoundation

[KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)

# 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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W25-004



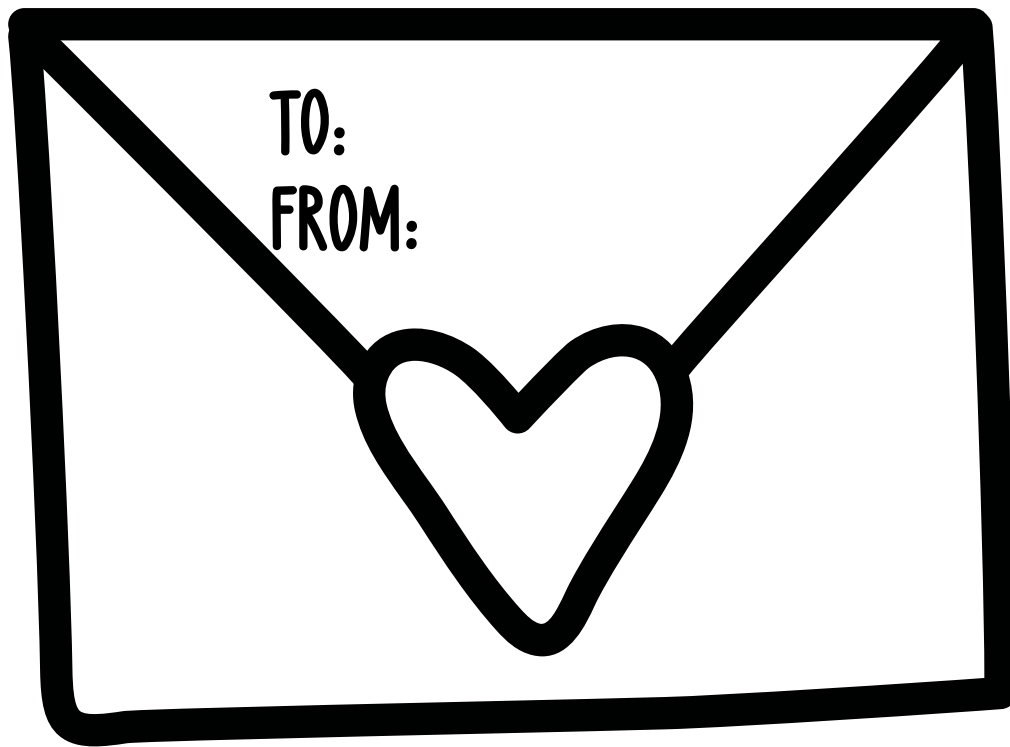
**The Kids Mental Health  
Foundation™**



#KidsMentalHealthFoundation

[KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)

**Spread kindness today. Write a message to someone you love.**



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Name: \_\_\_\_\_

Age: \_\_\_\_\_

For mental health tips and information, visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org).

W25-004



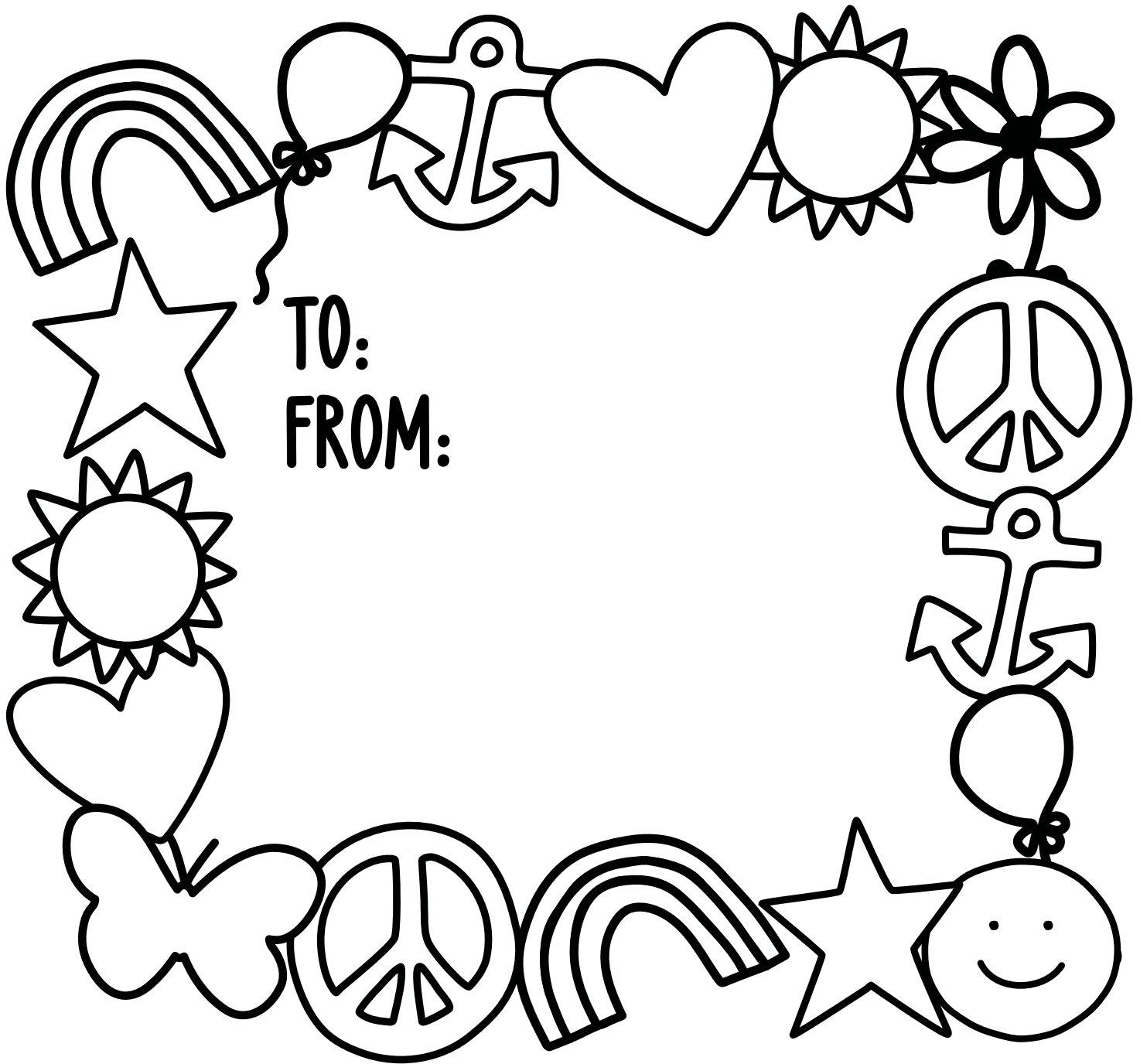
**The Kids Mental Health  
Foundation™**



#KidsMentalHealthFoundation

[KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)

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



Name: \_\_\_\_\_

Age: \_\_\_\_\_

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W25-004



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