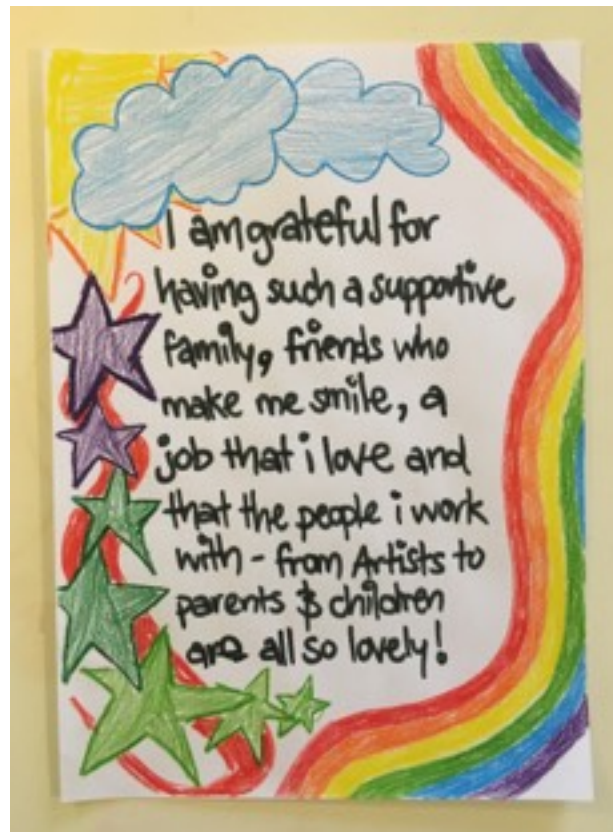


CoolitArt

Gratitude Letter



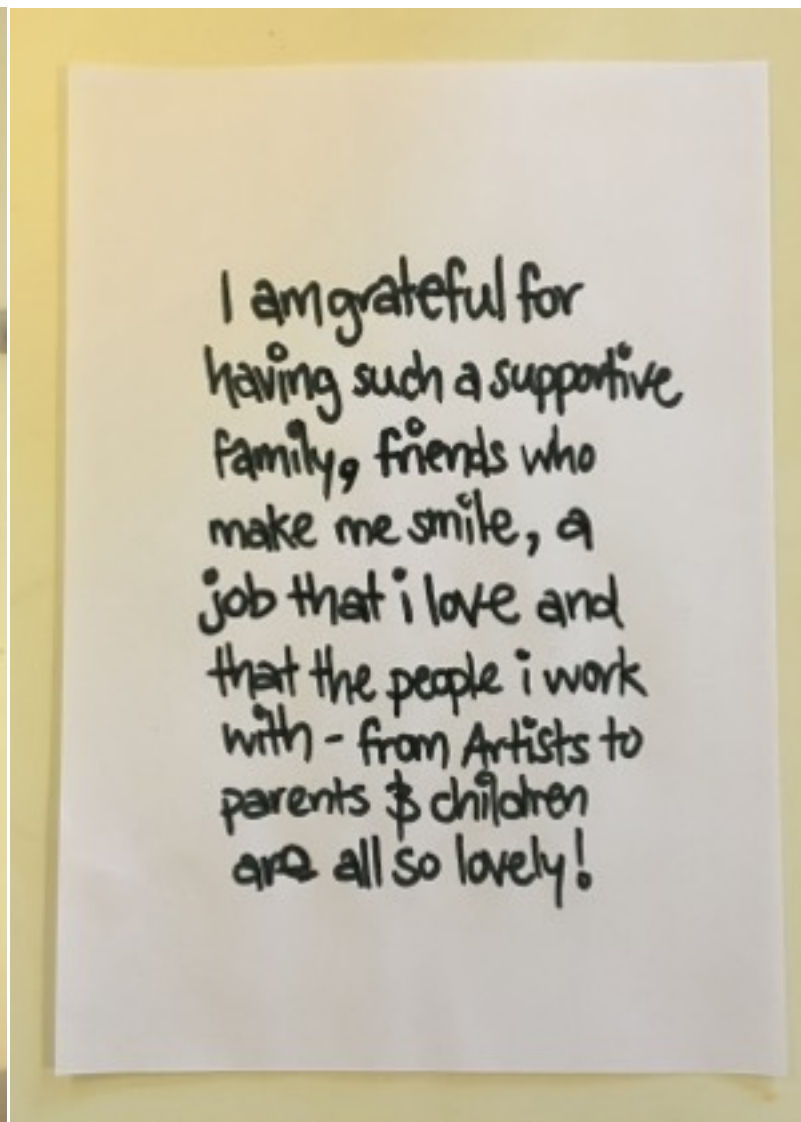
Sometimes it is good to take a moment and think what we are thankful for - a great way to do this is a gratitude letter!

Tools and Materials:

- Colouring Pencils
- Black felt tip or pen
- Paper



So stop for a minute - you can even close your eyes if you want - clear your mind; I find thinking of a blue sky and clouds helps. Once you are there begin to introduce thoughts like people who mean something to you - like family or friends or even teachers; think about a nice time you had with them that made you happy. Think about other things in your life that make you happy - this could be possessions or things like sunshine or rainbows. Once you have all this in your mind start writing your letter about what you are grateful for - there is no right or wrong answer for it!



Once you are done with your letter you can illustrate it with some of the bits from your letter or even some of your favourite things like we have! And there you have it your own "Gratitude Letter" why not share it with those you love!

