- Gratitude Game =

HOW TO PLAY: Print and assemble the dice on page 2, or use your own. Roll one die or two dice and add up the numbers to match the sum with the prompt below. Take turns sharing what you are thankful for with your family and friends.

- Name a **PERSON** you are thankful for
- Name a PLACE you are thankful for
- Name a **THING** you are thankful for
- Name a FOOD you are thankful for
- Name a **HOLIDAY** you are thankful for
- Name a **SONG** you are thankful for
- Name a **SKILL** you are thankful for
- Name a THING IN NATURE you are thankful for
- Name a **TRADITION** you are thankful for
- Name a **SCENT** you are thankful for
- 14 Name a **GAME** you are thankful for
- 12 Name **ANYTHING** you are thankful for

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I am Strong



I can do HARD things



I am COURAGEOUS



my ideas are UNIQUE









* A I BELIEVE IN mySelf *







I always do my best =

I am HELPFUL



I am L@Ved

FEELING ANGRY?

A CHECKLIST FOR YOUNG PEOPLE

WALK AWAY



TAKE A BREAK

& use a calming too like a stress ball



Service on

& focus on exhaling slowly



THE WALL

or floor & then relax



COUNT TO 20

or more until I feel calmer



MOVE, EXERCISE

stretch, do yoga or play a sport



DUSE I-MESSAGES

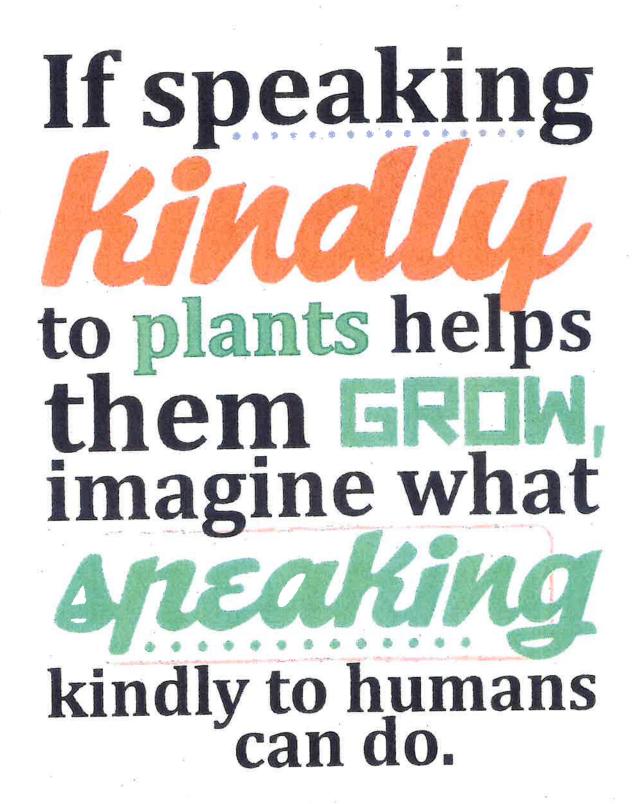
& say what I need & how I want to be treated



then rip or crumple it up







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