

# A Celebration of Thankfulness

## Using Gratitude as a Coping Skill



| <p><b>Make A Card</b><br/>★Monday★</p>  | <p><b>Tell Someone</b><br/>★Tuesday★</p>  | <p><b>Wellness</b><br/>★Wednesday★</p>  | <p><b>Thinking</b><br/>★Thursday★</p>   | <p><b>Friendship</b><br/>★Friday★</p>   |
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| <p><i>Think of someone who makes you feel special, who you are thankful for, or who might need a little cheering up. Make a card to send or give to them.</i></p>   | <p><i>Your kind words can just totally brighten up someone's day. And when you cheer someone up, it makes you feel happy too! Today, think about someone that you appreciate, and tell them!</i></p>  | <p><i>Let's be thankful for the things we love to do and the talents we've been given. Today, celebrate your wellness! Maybe even turn off the screen for a while! Here are some suggestions for activities to try at home!</i></p>   | <p><i>Taking time each day to think of things we are grateful for teaches our brain to notice the good stuff...even when times are tough. Here are some ways you can practice an "attitude of gratitude."</i></p>   | <p><i>For some, it has been sad not being able to see and play with our friends each day. Take some time to connect with a friend today!</i></p>  |
| <p><u>Suggested Activities:</u></p> <ul style="list-style-type: none"> <li>-Make your own creative card for someone who makes you feel special</li> <li>-Draw a picture for someone who makes you feel special</li> </ul> | <p><u>Suggested Activities:</u></p> <ul style="list-style-type: none"> <li>-Tell a friend why you like them so much</li> <li>-Thank someone for helping you today</li> <li>-Tell someone why you love them</li> <li>-Tell someone what they're good at</li> </ul> | <p><u>Suggested Activities:</u></p> <ul style="list-style-type: none"> <li>-Go for a bike ride</li> <li>-Cook or bake with a family member</li> <li>-Read your favorite book or poem</li> <li>-Do a puzzle</li> <li>-Play basketball or jump rope</li> <li>-Draw with chalk outside</li> <li>-Try to make a Scavenger Hunt for your family</li> </ul> | <p><b><u>SCHOOLWIDE CHALLENGE!</u></b></p> <p><i>Write down 3 things that you are grateful for.</i><br/> <b>SEND THEM TO Mrs. Oliver</b><br/> <a href="mailto:loliver@wsesdvt.org">loliver@wsesdvt.org</a></p> <p><b>Let's SEE HOW MANY Oak Grove kids CAN DO THIS!!!</b></p> | <p><u>Suggested Activities:</u></p> <p>Today, connect with a friend by...</p> <ul style="list-style-type: none"> <li>-Calling them on the phone</li> <li>-Sending an email</li> <li>-Sending a letter</li> <li>-Leave them a note on their porch, (keeping your safe distance)</li> </ul> |