

# Gratitude Garland



## MATERIALS:

- Pieces of colored paper cut into squares
- Hole punch
- Pens, crayons or markers
- String or Ribbon

## INSTRUCTIONS:

- Start with a discussion about what gratitude is. Have a grown-up model expressing gratitude by giving an example of something they are grateful for and giving an explanation why. Encourage kids to think about people, animals, things, activities, experiences, etc.
- Cut a 2-3 ft. piece of string or ribbon for each person.
- Cut small squares out of colored paper.
- Punch a hole in each square of paper.
- Choose a square and write down something you are grateful for on one side. Include why you are grateful, if you'd like.
- String your squares on your ribbon or string.
- Hang your garland!
  - You can hang them separately or tie them all together.

## Continue your Gratitude Conversations by:

- Have kids look at each other's gratitude garlands and talk about what they wrote.
- Make a gratitude garland for someone else! Each square lists one thing you are grateful for about that person!