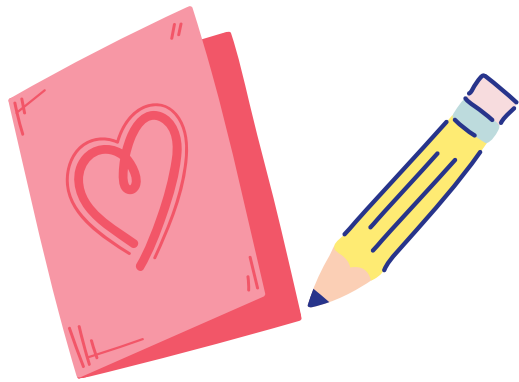


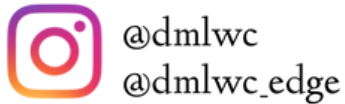
Thank You Cards

Writing and giving a thank you card is an easy way to show your gratitude to someone you're thankful for!

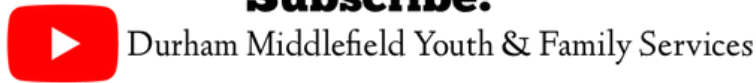
You can color and write in the included template or create your own card from scratch.



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Mindful Monday

"EVERYDAY GRATITUDE" ACTIVITY KIT



Durham Middlefield
YOUTH & FAMILY SERVICES



Durham Middlefield
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

Gratitude Box

Materials Included in Kit

- Precut Wooden Box Pieces
- Paint
- Paint Brush



Materials Not Included in Kit

- Wood glue or Glue Gun (Adult supervision is advised for handling a glue gun and strong adhesive)

Instructions

1 Assemble the box by slot-fitting the sides together with the top and bottom. Assembling process may need additional assistance from an adult.

2 Once your box is built, design and paint your box and knob! Get creative and add different patterns and designs.

3 Allow paint to dry completely



4 When box is completely dry, glue on the knob



5 Let the glue dry before handling the box.

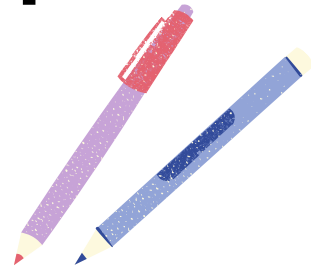
Gratitude Prompts

Materials Included in Kit

- Gratitude Prompts Template
- Pen

Materials Not Included in Kit

- Scissors



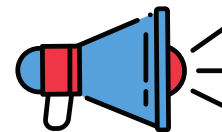
Instructions

1 Use scissors to cut on the dotted line on gratitude prompts template



2 Answer the prompt and reflect on your day and what you're grateful for on the back of the paper. Write and draw what you would like no matter how big or small.

3 Now that you have built your gratitude box you can store your answers in your box. You can look back on some of your favorite memories, daily doodles, and reflections.



Giveaway Entry Alert!

We want to see your creation!

Snap a photo with your creation and share it with us by tagging us on Facebook and Instagram! Or email photos to lvo@dmyfs.org to be featured

Share your creation with us and get entered into our Mindful Monday giveaway! Winner will be announced at the end of May.

