

Gratitude

It's about focusing on what's good in our lives and being thankful for the things we have!

Look for some things in nature or in your home that you're grateful for!

Find something that makes you happy

Find something that is your favourite colour

Find your favourite place to spend alone time

Find something that smells good

Find something that reminds you of someone you love

Find something to give someone else to make them smile

Find something that is useful for you

