

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

