**Thankful Tuesday**

[](https://www.google.ie/url?sa=i&url=https://answersafrica.com/160-thankful-quotes-that-best-expresses-gratitude.html&psig=AOvVaw1Fnu-ZTQ8GOaWWhdsdKp_I&ust=1591808383974000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKj0soCb9ekCFQAAAAAdAAAAABAD)

**Choose one of the following activities *(or as many as you like!)* to remind us that there is always something to be grateful for.**

**Don’t forget to send us photos!!!**

**Find a stone in your garden or on a walk. Wash it and write down something you are grateful for on it. Decorate it using markers, chalk, glitter etc.**

*Tip: write on paper and stick it to the stone.*

**Be Creative!!!**

* **Create a ‘Thank You Key Workers’ poster and display it proudly on your window. Perhaps, you would like to choose a template below to thank someone for keeping us safe.**

**[](https://www.google.ie/url?sa=i&url=https://www.pinterest.com/pin/183169909820011840/&psig=AOvVaw1PuYUhL_UB9aWJRmuUQ8s5&ust=1591811305370000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKDw46-l9ekCFQAAAAAdAAAAABAD)**

**Every day write down something that you are grateful for and put it in to a Gratitude Jar e.g. smiles, family, pets, friends, music, food, sunshine.**

*Tip: Use a jam jar or a butter carton.*

**At the end of the week, read them before bed with your family and you will have lovely, happy dreams 😊**

* **Try the Sun Breathing Technique as you reflect on all the things that you are thankful for in your life.**