**Thankful Tuesday**



**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.**

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**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.**