

## What can I be grateful for?

You can learn to feel more joy for both big and small everyday things.

Can you think of something good that makes you happy?

It can be anything ... people and things that make you feel good.

Someone who makes you happy.

A friend. Mum or Dad.

A pet.

Your favourite food.

A smile you got from a friend.

Or a sport or game you enjoy.

Or a nice warm hug.

Or something that made you smile or laugh.

Someone was kind to you.

You did something well.

Something that's been good. Anything goes! You can share anything good you notice.

