



GRATITUDE ALPHABET

By developing a list of things you are grateful for can increase the quality of your mood, boost optimism, promote positive thinking, and gratitude

MATERIALS

- Paper
- Markers, crayons or pencil crayons

INSTRUCTIONS

- Write out each letter of the Alphabet down (one letter on each line) on a sheet of paper
- For each letter of the Alphabet, ask your child to think of something that they are grateful for
- For example: A your child might say "Apples" "I am grateful for Apples"
- Ask your child to explain why they are grateful for the thing they have chosen for each letter
- For example: "I am grateful for apples because they are my favourite snack, especially the green, sour ones"

MINDFUL CHALLENGE

- Create a Matching Game
 - Cut out 52 paper squares
 - Write the letters of the Alphabet on 26 of the paper squares
 - Write all the things your child is grateful for from the list you made above and have your child draw a picture for each
 - Shuffle the 52 cards and place them all face down on a table
 - Begin playing a matching game with your child and practice organizing the letters of the alphabet (enhances letter recognition)

MODIFICATIONS

YOUNGER: Encourage children to sound out the words and begin to write the words independently

OLDER: Take these words and create gratitude rocks from their top 5 things they are grateful for. Using sharpies or acrylic paint, draw or paint on a rock to create positive reminders of things you are grateful for!