

# ACTIVITY KIT



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## Finding Grateful

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**W**hat does grateful look like? How does it feel? How do you find it?

A little girl walking with her mother discovers that you just need to pay attention to the little things—a smile, a cold spray of water on a hot day, the feel of grass beneath your bare feet, a hug—to find grateful all around you.

Both a timely meditation on finding gratitude in everyday moments and a timeless ode to the simple joy of truly being present, *Finding Grateful* encourages readers to slow down and embrace the beauty of being right where they are.



★ “A pitch-perfect introduction to gratitude, reflection, and the art of noticing.”

—*KIRKUS REVIEWS*, starred review



# Grateful Is . . .



Create a poem about the things you're grateful for by filling in the lines below. Be descriptive! Instead of simply writing "my cat," try something like "my cat with her silky fur and purring tummy."

Grateful is

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My favorite thing to eat

Grateful is

---

Something beautiful I saw today

Grateful is

---

A place I love to be

Grateful is

---

Something that makes me laugh

Grateful is

---

My favorite toy or game

Grateful is

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A person I adore

Grateful is

---

Something that makes me happy

Grateful is

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My favorite activity

# Grateful Scavenger Hunt

Find grateful in the natural world around you—in the park, at the beach, in the woods, wherever you are!



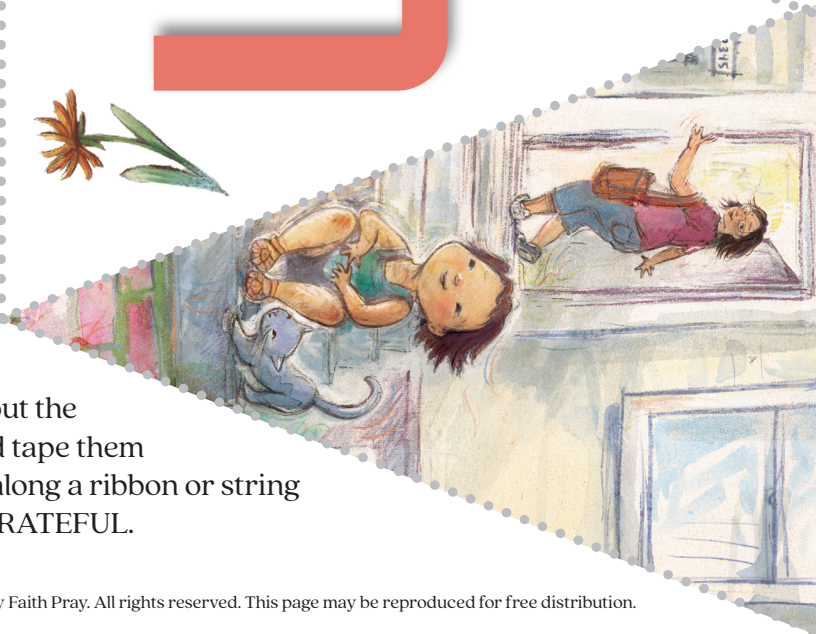
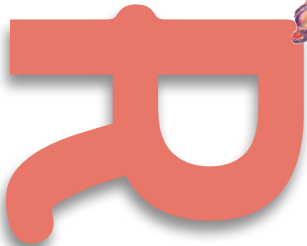
Find something in nature that . . .

-  Is very tiny \_\_\_\_\_
-  Has a lovely scent \_\_\_\_\_
-  Is scratchy \_\_\_\_\_
-  Makes you smile \_\_\_\_\_
-  Feels soft against your skin \_\_\_\_\_
-  Is taller than you \_\_\_\_\_
-  Makes a sound \_\_\_\_\_
-  Your friend would love \_\_\_\_\_
-  Is red \_\_\_\_\_
-  Is too heavy to pick up \_\_\_\_\_
-  Fits in your pocket \_\_\_\_\_
-  Reminds you of someone \_\_\_\_\_
-  Makes you feel hopeful \_\_\_\_\_



# Grateful Banner

There are so many things to be grateful for! Remember to find grateful every day. Make this fun banner to hang in your room!



Cut out the letters and tape them (points facing down) along a ribbon or string to spell GRATEFUL.

# Finding Grateful in This Moment

By slowing down and noticing everything around us, we can find grateful anytime and anywhere! See where you can find grateful right now.



5 things I see

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3 things I hear

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4 things I can feel/touch

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2 things I smell

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1 thing I taste

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Which of these are you most grateful for in this moment?

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