

Gratitude paper chain

Time can seem to go very fast and we forget the little things that make us happy. This activity can help you be mindful of all the things that you are grateful for.

✂ FOR THE GROWN-UPS...

You can help your child think about what they are grateful for by asking questions. What are you really good at and enjoy doing? What makes you smile?

What you'll need:

- Different-coloured pieces of paper
- Safety scissors
- A pen
- A glue stick or sticky tape

1

Cut some strips of coloured paper using safety scissors. They need to be wide enough to write on.



2

Write something you are grateful for on each strip. Think about what makes you smile.



3

Make a ring with the first strip, using glue or tape to stick the ends together. Then thread another strip through the first to make a second ring. Keep going to make a chain.

