**What are some things that you are thankful for?**

Thinking about the things that you are thankful for helps you to be appreciative of your family, friends, belongings, and experiences. Try to do this as often as you can. Sometimes, it will be just what you need when you’re having a not-so-good day! Make a list of the things that you are thankful for.

Example: I am thankful for my friends from Choir Club.

I am thankful for:

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