

# What I Am Grateful For

During these uncertain times, children may be feeling a range of uncomfortable emotions. They may be anxious, worried or angry. It is important that they understand that it is acceptable for all of us to feel these kinds of emotions at the present time. However, it is also important to help children to focus on any positives of the situation, such as the extra time that can be spent with loved ones, carrying out some of the activities that we love to do but do not usually have time for. We can also focus on simpler things, such as unexpected good weather or eating a favourite meal.

## Gratitude Game

It is a good idea to explore your own family reasons for gratitude each day. In this pack, we have included a gratitude game that you can play regularly at a calm time during the day with the whole family.



## Thankful Hands

This is a lovely craft activity in which children can create colourful hands to show their gratitude for all those who are continuing to work to support us all during this difficult time, e.g. NHS workers, delivery drivers, school staff, post office workers, retail staff and the many other people who are helping to keep life as normal as possible. The decorated hands could be displayed on windows together with any rainbow decorations.

