

Core Competencies: Personal Social – Appreciation and Gratefulness

Curriculum: Personal Social -Positive Personal and Cultural Identity -Personal Awareness and Responsibility	Learning Goals: I can notice and name things that I appreciate and am thankful/grateful for.
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Materials

- Blank piece of paper
- Pencil
- Art materials for colouring (extension activity)

Activities



- Watch [Kid President's 25 Reasons to be Thankful](#)
- Draw or write a list of 5-10 things you are thankful/grateful for. This will help you to acknowledge what you appreciate in your life.
- Share your list with an adult, sibling, family member, or peer.

Extension:

- Pick one item from your list. Create a piece of artwork to represent that thing you are thankful/grateful for. Share this piece of artwork with an adult, sibling, family member, or peer.