

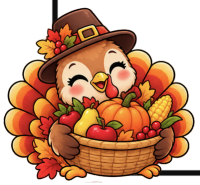
Thanksgiving Mindfulness



Nurture a grateful heart this Thanksgiving.
Fill out each section below to gather gratitude & harvest thankful thoughts.

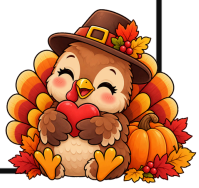
Gratitude

My heart fills with thanks like a harvest basket when I think about....



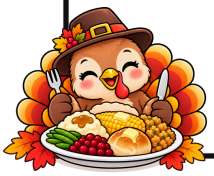
Kindness

I can share kindness like sharing a Thanksgiving feast by...



Regulation

When my feelings feel full like a Thanksgiving plate, I can...



Calmness

I feel peaceful like a candle glowing at the Thanksgiving table when...

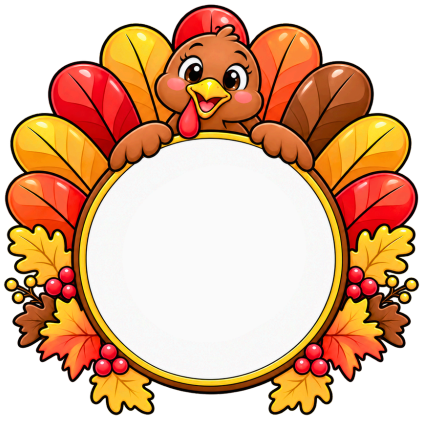


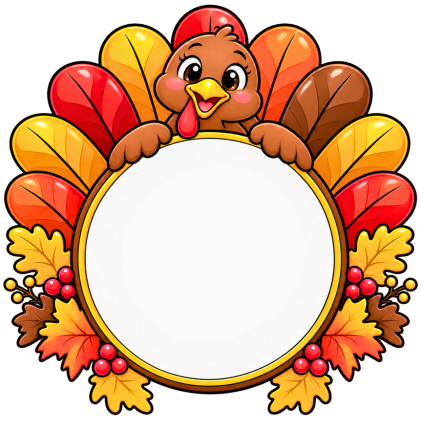
THANKSGIVING GRATITUDE

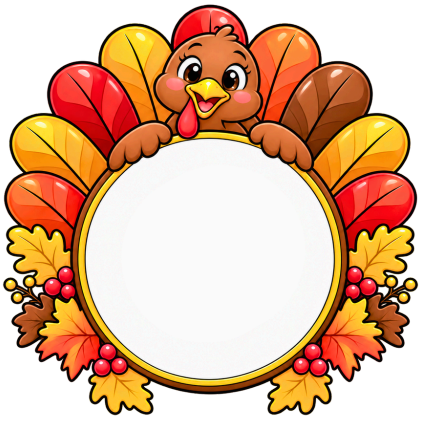


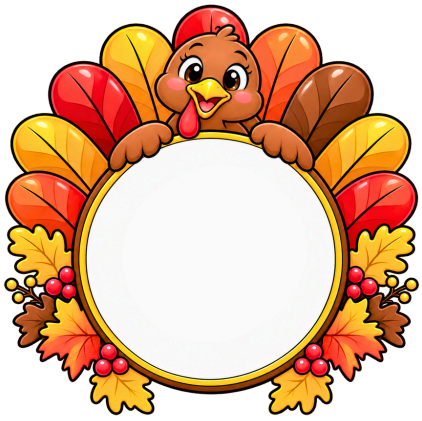
What makes you feel thankful this Thanksgiving?
Write one thankful thought in each circle below.

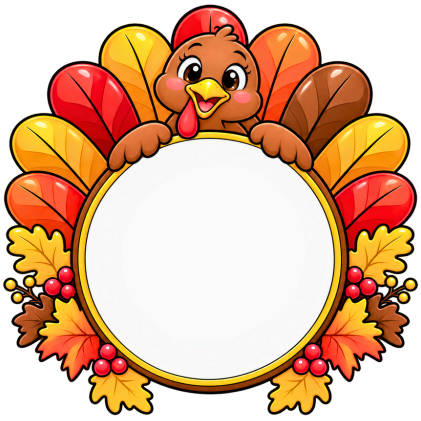


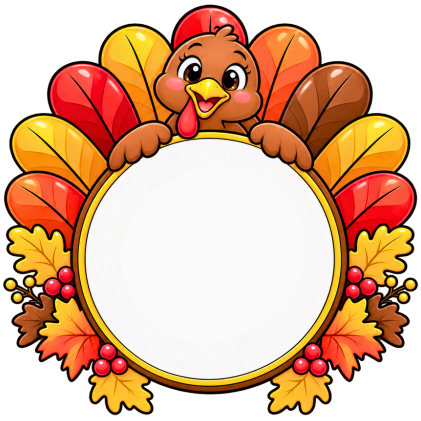


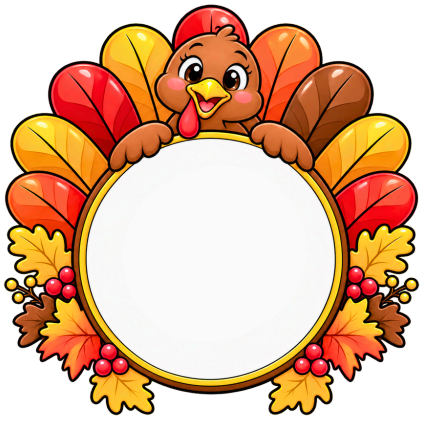


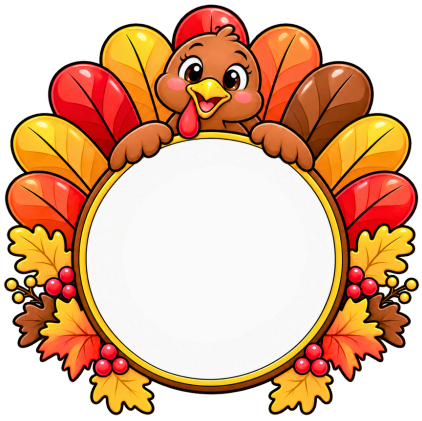


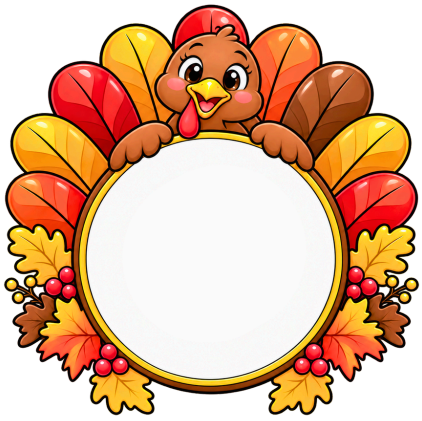












THANKSGIVING

Five Senses Worksheet

Thanksgiving is here—can you feel the warmth and joy all around?
Use your five senses to explore what makes Thanksgiving so special.
Then, draw your own Thanksgiving scene in the box below!

I see _____

I taste _____

I hear _____

I smell _____

I touch _____

Thanksgiving is: _____





THANKSGIVING

POSITIVITY PLATE

Fill your Thanksgiving plate with positive thoughts!
Write or draw something positive in every section of your plate.

