



KID KICK SKILL SHEET

NOVEMBER 2019

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Word of the Month

GRATITUDE

Gratitude means that we appreciate what we do have instead of being sad about what we don't! It means that we look for ways to be happy instead of ways to be sad. We all have bad days. And sometimes, bad things happen for no reason. But being grateful means we take time to celebrate the good things in our lives, even if there are also bad ones.

Practice gratitude with this game:

Example: Even though I don't like homework, I am grateful that school gives me the chance to learn new things.

- ☐ Even though I can't play outside when it rains, I am grateful _____ ?
- ☐ Even though _____ , I am grateful _____ ?
- ☐ Even though _____ , I am grateful _____ ?

Fill out this sheet to the best of your ability. Have mom/dad/grandparent sign and return before the end of November to pick a prize from our Treasure Chest

STUDENT NAME: _____

MOM/DAD/GRANDPARENT SIGNATURE: _____