

Book title: *Grow Grateful*

Author: Sage Foster-Lasser and Jon Lasser

Supplies for activities needed:

- Printed activity sheet
- Your choice of coloring utensil

Extension Activity:

- Jar
- Paper cut into strips
- Something to write with

Activity Name: How do you grow grateful?

- School Readiness Outcomes (SRO) goals met:
  - Relates to adults
    - Working on complex projects with familiar adults
  - Expresses feelings
    - Verbally expresses how they are feeling
  - Beginning writing
- Instructions
  1. Print the attached activity sheet
  2. Discuss with the child what they are grateful for. Help them write these things in the boxes next to the tree. You can also draw pictures!
- Extension Activity Ideas
  - Take time to talk about how we can help others to grow grateful. What are ways we can show others we are grateful for them?
  - Make a gratitude jar! Take a mason jar and cut up strips of paper. Each time you feel grateful for something write it on a paper strip and add it to the jar. At the end of each month

take out the papers and read them. Look at all the things we have to be grateful for!

