



The theme for this edition is Gratitude:

Through these difficult times, it's important that we remember all of our blessings. Gratitude keeps us centered on those blessings in our lives. So, let's try some of these activities as a family to reflect on the blessings in our lives and show our gratitude to one another.



Reading of

“My Gratitude Jar Book”

[Long Story Shortz - My Gratitude Jar - Written and Narrated by Kristin Wiens](#)

Gratitude Jar Activity

[Gratitude Jar](#)

ABC's Gratitude List

[Gratitude ABC's I am thankful for printable](#)

Coloring Sheet

[Get the coloring sheet](#)



MOVIES ON THE MESSAGE OF GRATITUDE:

Up, Finding Nemo,
Mary Poppins and Annie



Questions to ask when watching movies:

Social Emotional Learning
(WHILE YOU WATCH TV SHOWS AND MOVIES)

While it's important not to spend all day in front of the TV or a tablet, a little screentime isn't bad AND you can do some social emotional learning while you watch together! Here are some questions you can talk about:

- What were some of the choices that the characters made?
- How do the characters feel? How can you tell what their feelings are?
- Which characters were friends? How did they show friendship to each other?
- Did any of the characters get really upset? What did they do to take care of or cope with their feelings?
- Did the characters change at all during it? How? Why do you think the change happened?
- What would you do differently if you were one of the characters?

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