

Gratitude Chain

This is a short craft activity (perfect for a rainy day!).

Cut some pieces of paper into strips (e.g., coloured card, wrapping paper, newspaper).

Ask your child to think about something they are grateful for.

If they can write ask them to write it on a strip of paper or write it for them. Ask other family members to write things down too as well as yourself.

The strips of paper are then joined together to form a chain.

Discuss the what the links mean and hang the chain in your child's bedroom or somewhere in your home.

Keep adding to it!



Materials:

- Coloured pens
- Pre-cut strips of Paper
- Glue or sticky tape