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Lesson 2: Find Three Good Things - Thank You Note

Pick someone in your life who means a lot to you. Maybe it's a parent or grandparent. Maybe it's a teacher or a friend. Write a thank you note to that person. Thank them for something nice they've done. Tell them why you are glad to have them in your life.

Here is a sample thank you note:

Dear Grandma,

Thanks for taking care of me after school on Mondays. I like when you make my favorite cookies and when you read to me. You help me with homework. Also, your hugs are the best. Today I am counting the good things in my life and you are one of them!

Love, Michael

Now write your own thank you note. Color it and give it to the person

Dear _____,

THANK YOU FOR BEING IN MY LIFE!