

**April is Child Abuse
Prevention Month**

Family *Virtual* Make & Take

Gratitude Cards

Used For: Helping kids learn gratitude and empathy

Supplies Needed:

- 1 Set of Each Cards
- Markers or Pens

Detailed Description:

Today I am thankful for ...

Things I Love About
You ...



Kids and caregivers alike could benefit from taking the time to appreciate each other and things in life. Focusing on gratitude helps us develop a glass half full outlook, which is important in developing resiliency and bouncing back from life's difficulties. Being more thankful drives empathy towards others, increases self-esteem and lessen entitlement of materials things.

Caregivers can make this a special ritual by sitting down at a regular time every week to talk about things they are grateful for. They can make cards for each other or other special people in their life.

* For more information contact us at info@dakotacac.org or visit our website at www.dakotacac.org

NDSU

EXTENSION



**Bismarck Veterans Memorial
Public Library**



**Burleigh County
Social Services**



**Prevent Child Abuse
North Dakota**



**Dakota Children's
ADVOCACY CENTER**



**Lutheran
Social
Services
of North Dakota**



becep
BISMARCK EARLY CHILDHOOD
EDUCATION PROGRAM

**NORTH
Dakota**
Be Legendary.™

Human Services

PEACE BEGINS WITHIN.



MINDFUL YOU - MINDFUL ME

no
even
I



my
best
friend
is



no
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you, no



**Things I Love About
You ...**



**Things I Love About
You ...**



**Things I Love About
You ...**



**Things I Love About
You ...**



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**Things I Love About
You ...**



**Things I Love About
You ...**



**Things I Love About
You ...**



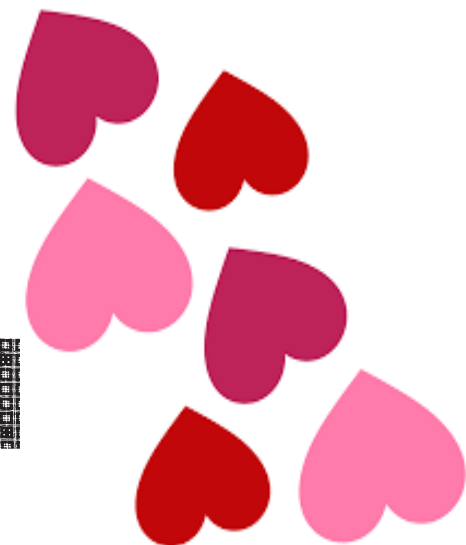
**Things I Love About
You ...**



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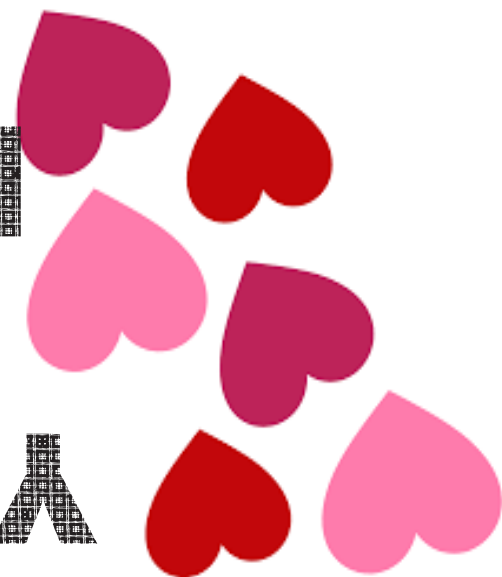
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**Things I Love About
You ...**



**Things I Love About
You ...**

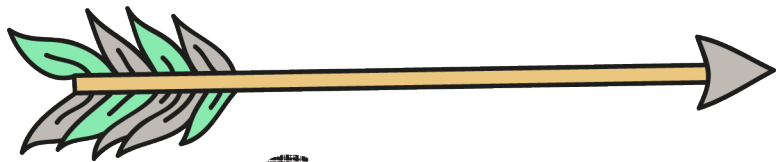


**Things I Love About
You ...**



**Things I Love About
You ...**





Today is
a Beautiful
Day



Feeling
Blessed



So
Grateful



What
a Wonderful
Day

Today I am thankful for ...



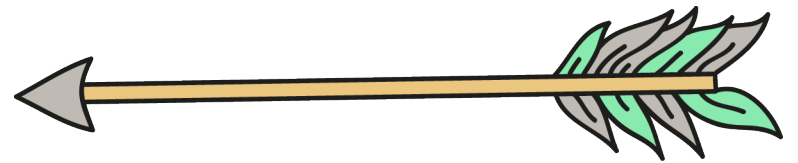
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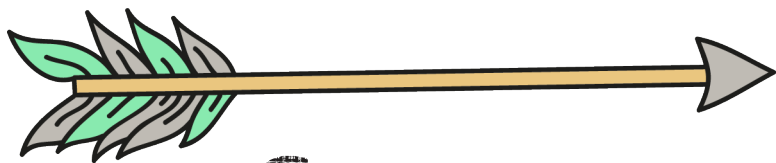


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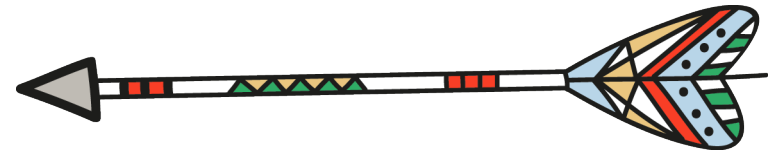


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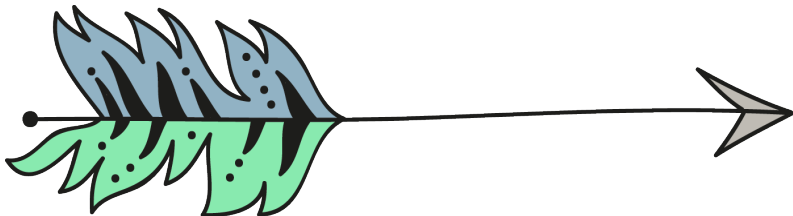
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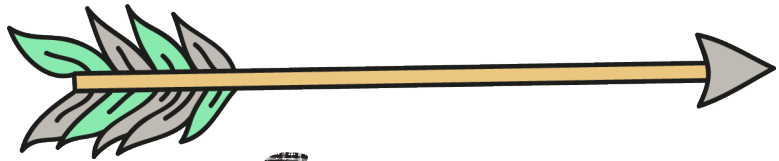


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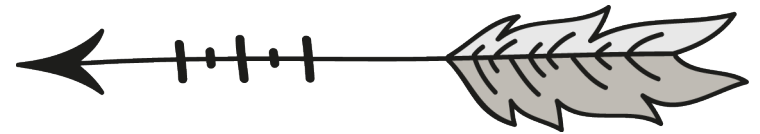


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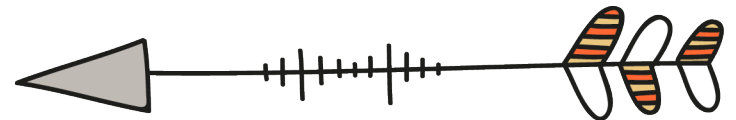
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Feeling
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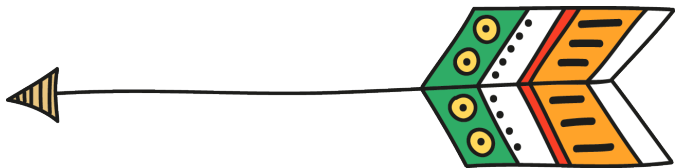
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