

# A HANDFUL OF THANKS



Trace your hand, then write what you are thankful for in these spaces:

**THUMB:** Something that brings positivity to your life.

**POINTER:** Something you can point to in the room you are in.

**MIDDLE:** Something you were not thankful for at first, but are now.

**RING:** Something or someone you love.

**PINKY:** Something that seems small, but has big meaning to you.

**PALM:** Something or someone who is thankful for YOU!