

MY



GRATITUDE



JAR



I am Grateful for...



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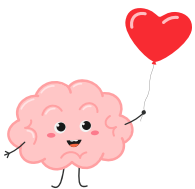
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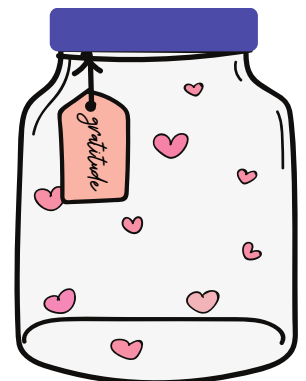


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INSTRUCTIONS:

Begin this beautiful practice with your child. Help them write down or draw one thing they are grateful for that week. Place them in a jar. On new years, gather as a family and read through your Gratitude Jar! (You can use the above label and cards)



EQ kids

CHALLENGE!

INCR-B-BE GRATEFUL

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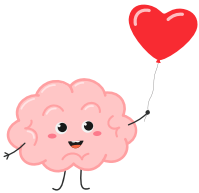
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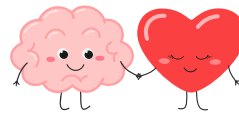
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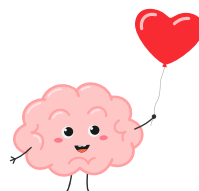
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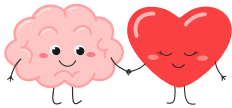
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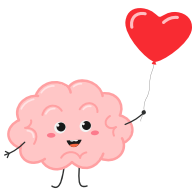
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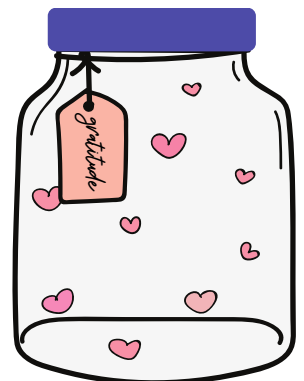


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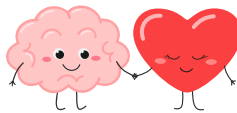
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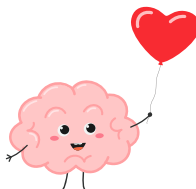
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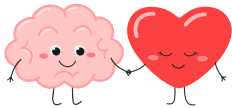
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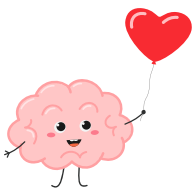
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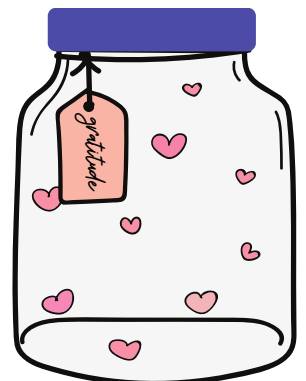


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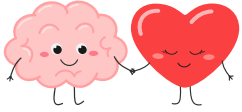
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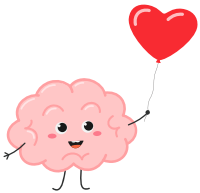
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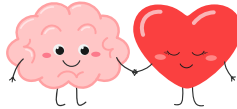
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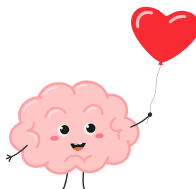
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