

# **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 Finger:** Something you can point to in this room

**Middle Finger:** Something you were not thankful for at first, but are now

**Ring Finger:** Something or someone you love

**Pinky Finger:** Something that seems small, but has big meaning to you

**Palm:** Something or someone that is thankful for YOU!