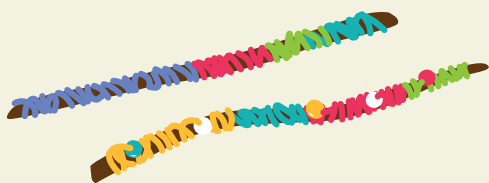


Make a Gratitude Stick



Decorate a special stick at home—and then use it to help foster gratitude, just like Joha’s stick.

Supplies

A stick or twig

Yarn

Scissors

Beads (optional)



- 1 Cut a few lengths of yarn to about two feet long. (You can string beads onto some of them for added texture.)
- 2 Tightly tie one end of each length of yarn to one end of the stick.
- 3 Now wrap the lengths of yarn up and down the stick. When you reach the ends of the yarn, knot them in place.

At dinnertime, use your gratitude stick as a conversation prompt. Pass it around the table and take turns reflecting on the things you’re grateful for, just as Joha learns to do.