HANDS ON!

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.