



GRATITUDE

# How to Make a **GRATITUDE** Box

**1. Use a cardboard box you don't need for anything else.**

**2. Decorate with stickers, drawings, biodegradable glitter - whatever you want!**

**Dexter D's box has 'Gratitude Box' written on it.**

**3. Write or draw something you are grateful for on a piece of paper and put it in the box. Repeat!**

**Alan's box is filled with pictures of sausages!**

## CHALLENGE

Follow these instructions to make a gratitude box!  
You can come back and put gratitudes in your box  
whenever you want!

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