Lesson 2: Find Three Good Things - Thank You Note

Pick someone in your life who means a lot to you. Maybe it’s a parent or grandparent. Maybe it’s a teacher or a friend. Write a thank you note to that person. Thank them for something nice they’ve done. Tell them why you are glad to have them in your life.

Here is a sample thank you note:

Dear Grandma,

Thanks for taking care of me after school on Mondays. I like when you make my favorite cookies and when you read to me. You help me with homework. Also, your hugs are the best. Today I am counting the good things in my life and you are one of them!

Love, Michael

Now write your own thank you note. Color it and give it to the person.