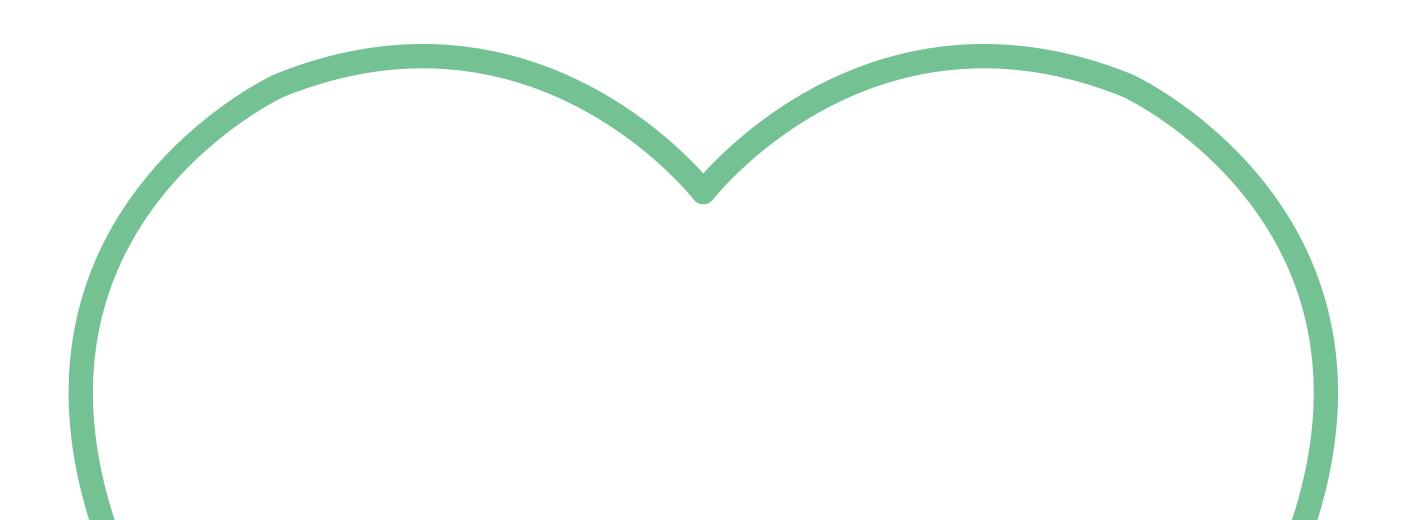
## **My Grateful Heart**

Gratitude comes in all shapes and sizes.

Fill the heart below with words or pictures of what you are grateful for today.

It could be a person, an animal, an experience, a place, an item or an activity.

It could be anything....



Ask yourself, why am I grateful for this?

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