

# Just Say Thanks: Kinship Gratitude Cards

rock by rock 

**Did you know...** Kinship means building relationships with the people in your life and working with other people to help make sure everyone is included and cared for.



One way we can show kinship is by telling important people in our lives why they matter to us and saying thank you for things they've done for us.

We can say thanks or show gratitude by writing short thank you notes. We can deliver these notes by hand, put them in the mail, or take pictures of our notes and text them to the people who matter to us.

You can write a gratitude note to for anything. You could say thanks for something someone did to help you. Maybe someone taught you something helpful. You could say thanks for that. Or maybe someone made you happy or helped you feel better when you were sad. You could say thank you for that too.

Directions:

1. Cut out the gratitude cards on the next page. (Or make your own thank you cards on different paper.)
2. Think of three people who've made you grateful.
3. Write you gratitude cards to each person.
4. Send your gratitude cards.

## Fun Fact

**Did you know...** Scientists think that showing gratitude might be good for your health? Practicing gratitude might make you happier and healthy. Showing gratitude also makes other people feel better too. It's always nice when someone says, "thank you!"

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Today you made me feel  
good because



Thank you for



I am grateful for

