



CHAIN OF THANKS

OPTIMAL GRADES: All – K-12

be nice. ACTION PLAN focus: notice & empower

MATERIALS: Construction paper, stapler, scissors, markers

DIRECTIONS:

Prepare

- Cut construction paper into 1 inch thick strips

Create

- Write things/people/places you're thankful for, one on each strip of paper
- Staple the paper in a circle and connect in a chain-like fashion
- Hang the finished chain in a visible place! You can continue to add to the chain throughout the day/week/month

Reflect

- Look at the things you're thankful for and answer these questions:
 - *Am I thankful for more people or more things?*
 - *What feelings do these things bring me?*
 - *Do I have similar things written to my classmates? An adult?*
 - *How can I show people listed I am thankful for them?*

