

Teachers: This is an optional activity sheet to do in class or to hand out to send with students home. You may print as many as you like.

MY GRATITUDE GLASSES ACTIVITY SHEET

STUDENTS NAME: _____

Allah SWT loves it when we are thankful and look for the positives, even in difficult moments. Use these gratitude glasses below to help you see some good things you can be grateful for.

- Draw inside the lenses things you can see that you can be grateful for, then colour in:

