

## COPING KIT SKILLS: **Giving Thanks**

**Helps with:** Worries, Anger, Sadness, Frustration, Boredom

**What is it?** Being thankful for what you have, things that have happened to you, or for the people in your life.

**What do I need?** You really don't need any tools but yourself to make this work, but some things that may help are:

- Paper and a pen or pencil
- A journal or notebook
- Markers, stickers, scrapbook supplies

See the Tips section to see how these items can help!

### **When do I use it?**

- Do this anytime you want to feel better. You can use it when you are feeling stressed, crabby, frustrated, sad, or angry.
- You can even use these activities when you are feeling fine in order to remember all the great things about your life.

### **How do I do it?**

1. Write a letter to someone who has been very nice to you, but you haven't said thank you to yet. Give or mail this letter to the person, or you can read it to them in person or over the telephone.
2. Write three good things that happen to you each day.
  - a. Keep doing this every day for one week.
  - b. Some examples are made a new friend, feel healthy, got to do my favorite activity, and did well on a test at school.
  - c. Be sure to write about what caused the good thing to happen or why it happened. For example, did you meet a new friend because you said hello or tried a new activity? Did you do well on a test because it's a subject you are really good at, or because you studied a lot?



3. Send someone kind thoughts. Write down all the things you wish for someone. Send these kind thoughts to someone in your home, and then to someone not in your home.

**Tips:**

- Markers, stickers, and other scrapbook material can help you to make these thank you cards your own. Decorate them with things that remind you of the person you are thanking. Or of things that remind you of being thankful in general.
- Keeping a journal of the good things that happen to you over time is a great idea. Try writing in it for one week every month. When you are feeling down, go back and read about all of the good things that have happened to you and how your strength and courage helped it to happen.
- Maybe you want to write down all of your kind thoughts on a big piece of paper, or maybe you want to write them down on little pieces of paper and place them in a small jar for the other person to read one at a time.

**How can this help me?** Giving thanks activities help you to remember the good things that have happened to you. Telling others that you appreciate them or are thankful for something they have done can help you to feel good. When you focus on the good things instead of the bad things, you feel better. When you feel thankful, you feel happier. If you feel and express thanks often, you may wake up each day feeling more positive and wanting to be around others more.

