

Summer “See The Good Challenge”

As we get ready to part from our Littles for the summer, we have an activity you can do these last couple weeks that they can continue through the summer. Ask your Little each day they wake up to find one thing they are grateful for, write it down, and place it in their “bucket”. Over the summer, we want them to fill their bucket. When they return to school, you can read something out of their bucket to help them remember what they are grateful for. Like Michael J Fox says, “With gratitude, optimism is sustainable.” Let’s remind our Littles about the good in life!

To make your Gratitude Bucket, all you need is a trip to Dollar Tree. You will need:

- Small container with lid
- Adhesive Spray
- Small notepad
- Colorful tissue paper cut into squares
- Sticky Dots/Double sided tape
- Handouts linked in this section

Cut the tissue paper in squares, spray the inside of your bucket with the adhesive spray, and place the squares on the inside of the bucket to cover the adhesive. Let dry. Cut out the See the Good circle, spray with adhesive and stick to the front of the notepad. Glue with sticky dots or double sided tape to the front of the bucket. Go over the Gratitude Activity Lesson 3 with your Little.

