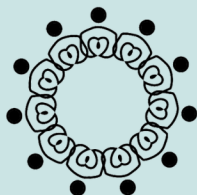
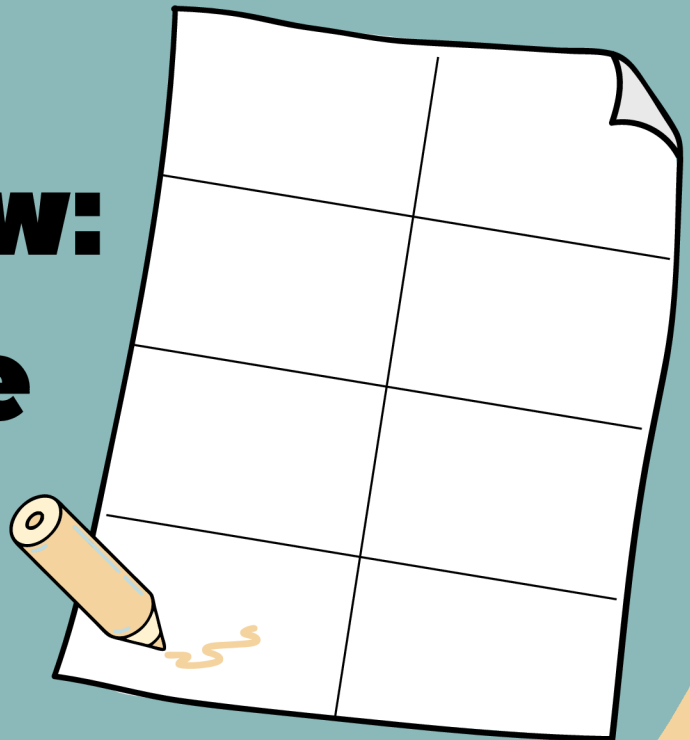


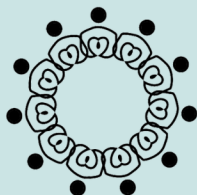
Quick Draw: Gratitude



Quick Draw: Gratitude

What You'll Need!

- **A piece of paper**
- **Pencils, markers, or crayons**
- **A timer**
- **A partner or group**



Quick Draw: Gratitude

Gratitude comes in many forms - people, places, memories, and moments. This activity helps you capture what you're thankful for!

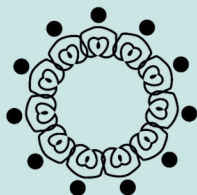
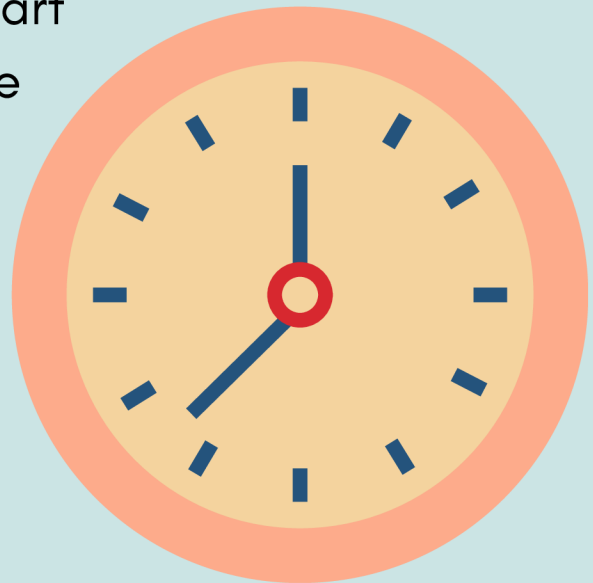
How to Play

Step 1: Fold a piece of paper three times to create 8 boxes.

Step 2: Decide on a time limit for each drawing - between 30 seconds and 1 minute 30 seconds.

Step 3: Read a prompt and start drawing! When time's up, move to the next box and repeat.

Step 4: Option to share your drawings with the group at the end!



Gratitude Drawing Prompts

A person you
appreciate

A place that makes you
happy

A skill or ability you're
proud of

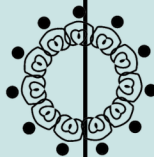
An accomplishment that
felt good

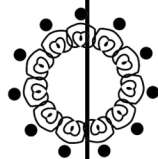
A sport or hobby you
enjoy

A pet or animal you
love

A teacher or coach who
showed you kindness

A memory you hold
close





Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emmillartherapy](https://www.instagram.com/emmillartherapy)

 [MOOD Kits by Emily Millar](https://www.facebook.com/emoodykits)

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Can't wait to see what you create!

