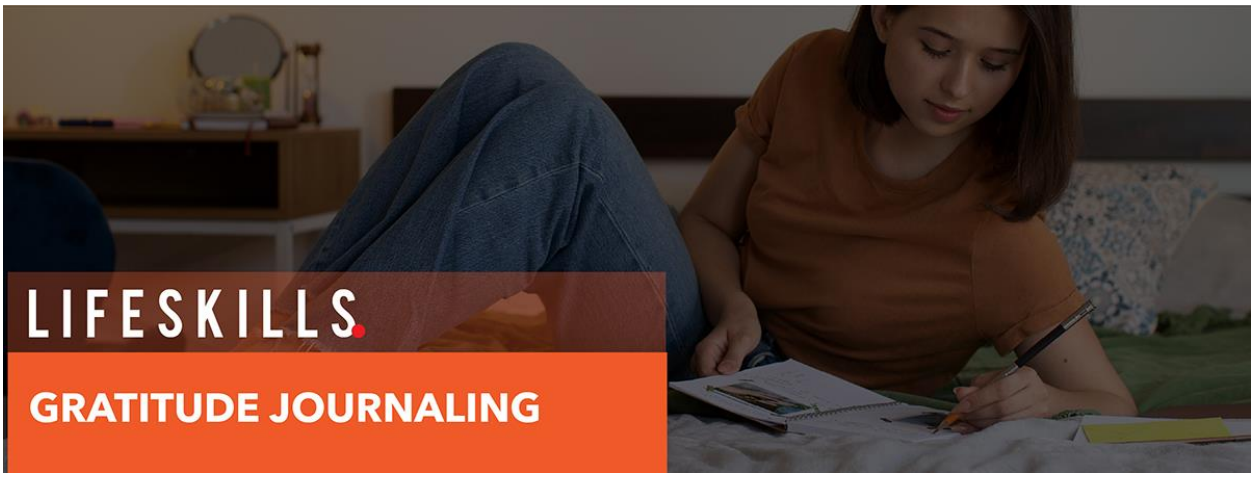

Gratitude Journaling:

This is a great time to get your kids into the habit of keeping a gratitude journal! Every day, they should write down a few things they’re thankful for. This simple practice helps them stay positive and focused on the good stuff in life.