

GRATITUDE FLOWERS



Walking in a garden near the White Rabbit's house, Alice found some curious flowers which had words on their petals.

"Grandma, apple pies, my bed, the garden...what are these words?" asked Alice to two gardeners in the shape of cards - Five and Nine - who were watering the flowers.

"You see, miss, they are gratitude flowers. If you write down the things you are grateful for on their petals, the flowers will grow and other gratitude flowers will bloom." answered Five.

"Yes, these gratitude words are like sunshine for them, in fact you can say that gratitude is their nutrition" said Nine. "Would you like to try writing something and see what happens?" Said Five offering a pen to Alice.

"Yes, that would be nice. I'd love to, thank you. But wait...what should I write?"

"Anything you're grateful for - your family, the food you eat, your school-friends, your house, music, someone's words, nice memories, or perhaps your talents... just to name a few." said Five.

"Alright then..." Alice picked up the pen, "I am grateful for my Mummy and Daddy, for my little kitty Dina, or the pancake I had this morning, for the sunny weather today...oh, I need a lot of petals!"



GRATITUDE FLOWERS



Here is your gratitude flower.



Write down what you're grateful for on the petals and help it grow! You can colour the flower with your favourite colours too.

Have fun!

