

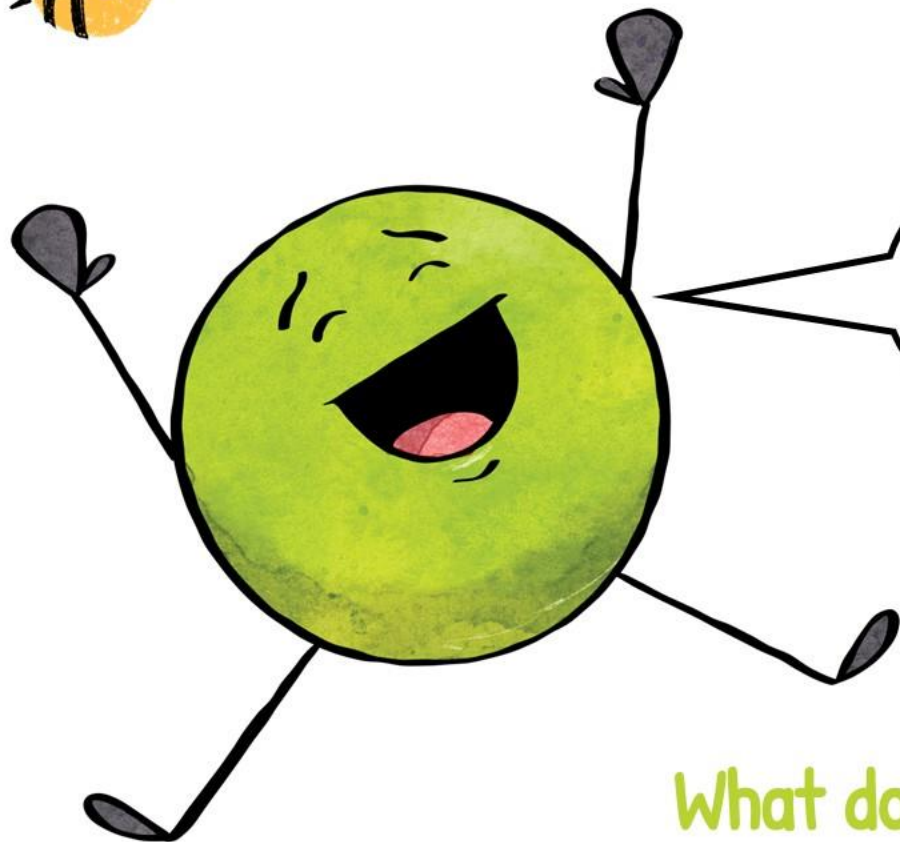


Are you
ready for ...



**THANKFUL
THURSDAY**





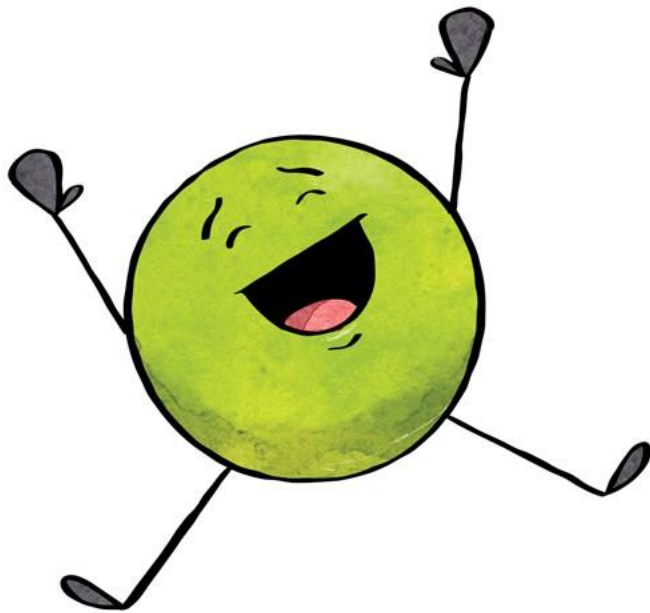
I am THRILLED



What does it mean to be 'THRILLED'?



It means you are SUPER EXCITED and HAPPY.

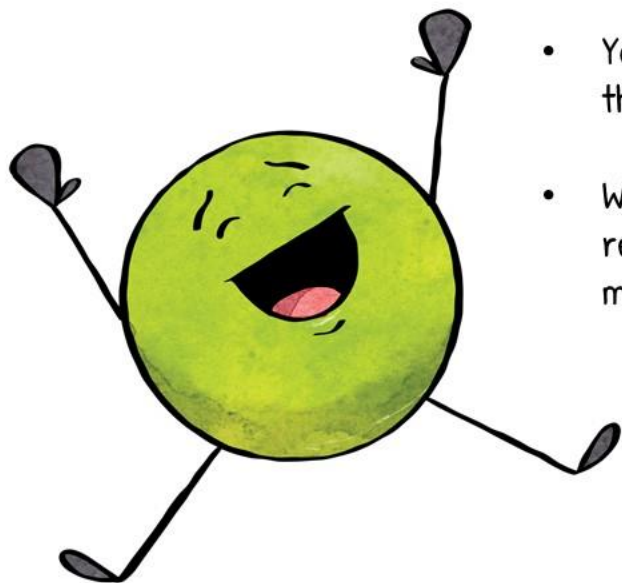


When something makes you thrilled you have to be thankful and grateful about it. You should show you are thrilled with your face and body language if someone does something for you that you are grateful or thankful for

You might feel that you are thrilled about a birthday party or thrilled about a present you received

Activities

- Think about something that made you THRILLED. Talk about it with someone.
- Write a letter to yourself to remind you of something that really thrilled you. Start with 'Dear (your name), You were thrilled when... (write about a time that thrilled you).
- You could draw a picture instead of writing if you want to. Draw a picture of something that thrilled you.
- When you have finished then hide it away somewhere safe. In a week or two you can remind yourself of what thrilled you. It will help to keep that positive memory in your mind.



Remember the times when you were thrilled about something.

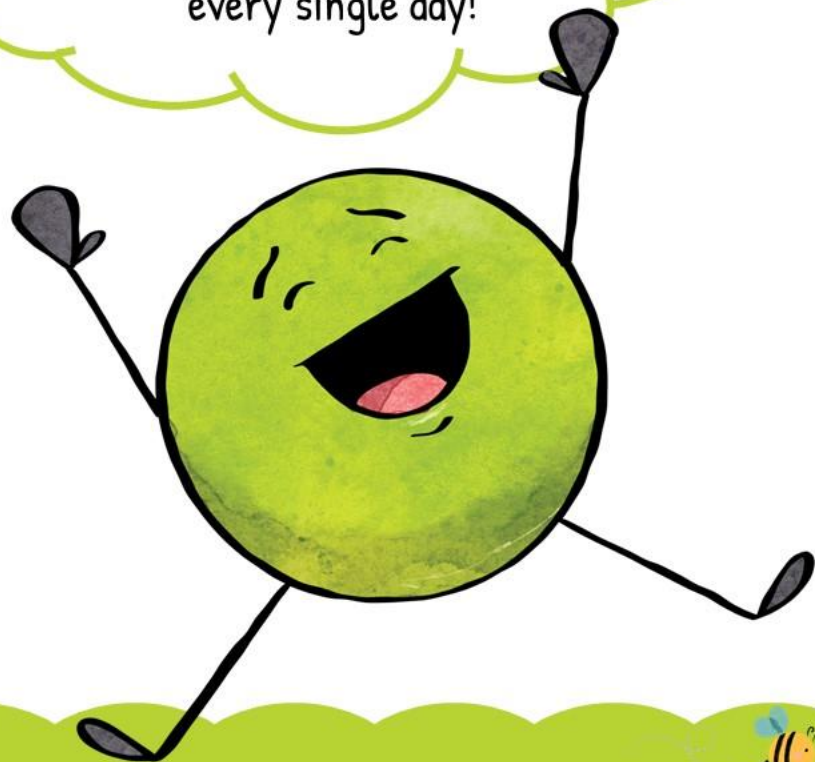
Affirmations



I can show I am thrilled

I am thrilled and
thankful

Look in a mirror and
repeat these
statements out loud
every single day!





Awesome
work!

Are you
thrilled?

