



HEALTHY HOLIDAY

challenge

GRATITUDE



What You Will Need:

- A branch! Go on a walk, or explore your yard, the neighborhood, or a nearby park to find the perfect one.
- A stack of tags with a hole on one end.
- Ribbon, cut to desired lengths
- Crayons or washable markers



Make a Holiday Gratitude Tree

Let the warm fuzzies of feeling grateful for the things and people in your life spread beyond the holidays with a simply sweet family art project. Hanging tags bedecked with thankful thoughts from a branch. Whether you place the finished project on the fireplace mantle, prop it in a corner, or hang it from the ceiling mobile-style, it will make a meaningful addition to your home during the holidays.

Source: kindercare.com

