

CRAFT A GRATITUDE WAND

Practicing
Gratitude
can be fun ~
Being aware
of and
thankful for
the good
things that
happen!

MATERIALS:

10 Strips of ribbon
each 10", different colors
and textures

1 dowel rod

1 eyelet screw

Small project duct tape
or washi tape



DIRECTIONS:

Screw the eyelet screw into the end of the dowel rod.

Organize the 10 strips of ribbon into one pile by taking one end of each ribbon and placing it on top of the next until you have all 10 ends lined up together.

Thread the collected ribbon strips through the eyelet screw pulling about 1.5 inches of the ribbon through the hole and hold it against the dowel rod.

Using the duct tape or washi tape secure the threaded end of the ribbon strips to the top of the dowel rod.

Optional - Use the duct tape or washi tape to decorate the dowel rod by twisting it all the way around from top to bottom.

NOW LET'S PRACTICE!

Start by making a kind wish for yourself, someone you care about, someone you don't know well, and one for someone who made you mad recently.

Practice dancing or moving mindful with the wand. Move slowly to begin then transition to a faster rhythm or tempo... now slow the movement back down. To shake things up you can turn on a favorite song!

Pass the wand around at mealtime and have each family member share something they are thankful for that day.

Make one for a friend to show them how grateful you are of their friendship.

Parents ~ These wands may be used to help with mindful movement. The ribbons are different textures and colors so that they may elicit different thoughts and feelings about gratitude.

