in partnership with unicef | WORLD CHILDREN'S DAY sixseconds THE EMOTIONAL INTELLIGENCE NETWORK

Title: **GRATEFUL MAIL**

Goal:
For children to recognize, exercise, and gift gratitude.

sixseconds
THE EMOTIONAL INTELLIGENCE NETWORK

Resources:
Paper/Construction Paper
Pencils/Pens/Crayons for drawing and coloring
Any other art materials

Intro:
Practicing gratitude is linked with so many benefits, how can we teach our children to grow up with an "attitude of gratitude"? In this activity, kids (and adults!) will make art about what they are grateful for, then they will send the art to someone they love.

Instructions:

Gather Materials: for this grateful art, you can use any art materials. Keep in mind that if you need to mail your art to someone, it should be able to fit in an envelope or box!
Make your art: Explain to the children that they will be drawing or creating what they are grateful or thankful for. One of these things they are grateful for should be a person that they want to share their art with. Adults are encouraged to make art too!
Talk about your emotions: While you make your art, you can discuss the emotions that arise when focusing on gratitude. How do the emotions change based on which item you're focusing on?
Deliver your art: Hand deliver or mail your art to the person in your piece of art.

Discussion:
What emotions did you experience while creating your art? What emotions did you experience giving your art away?
How could you focus on what you are grateful for a little bit more in life?



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