See the silver lining

Where to start: Research shows that kids who notice and feel grateful for what's good in their lives are happier and do better in school. Start with a conversation about some of the things they feel grateful for. It could be something as simple as pizza for lunch or having a friend who lives nearby.

Prompt: I feel lucky because...

How to go deeper: Come back to this prompt again every day this week. Each day, talk about and draw something that makes you feel lucky, happy, or grateful. (Use the back of this page to draw.)