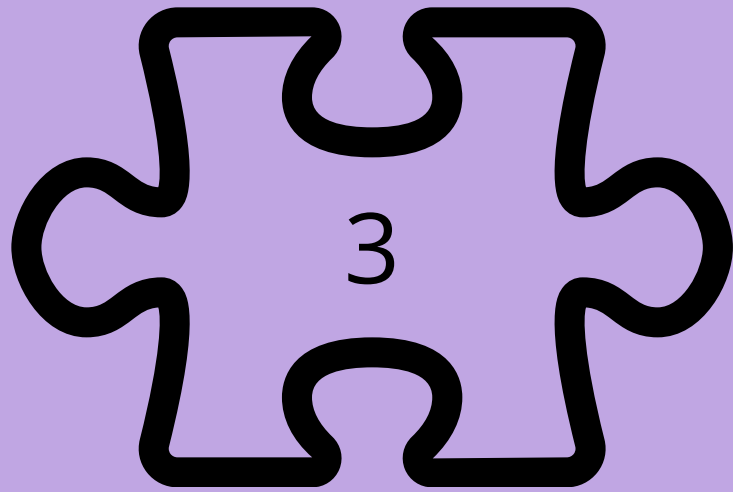


SELF-CARE



The Grateful Game

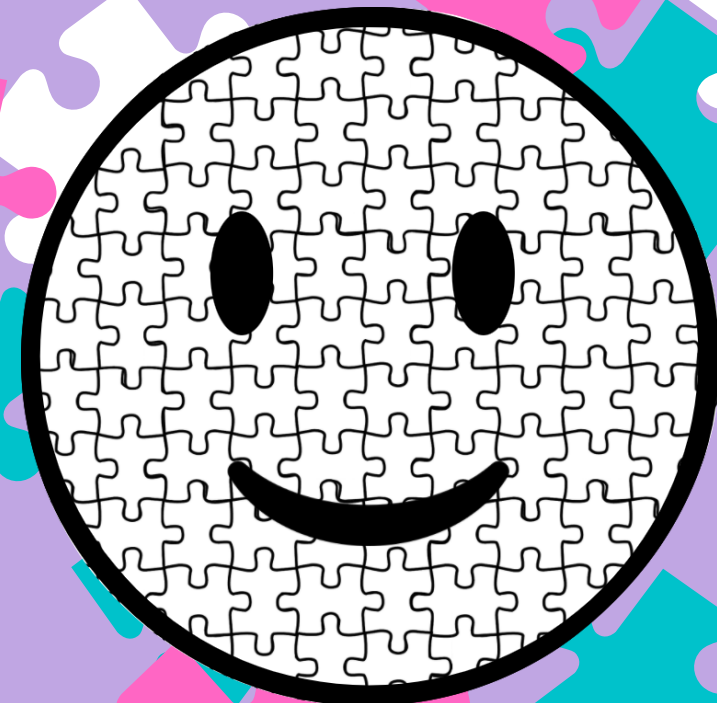
Being grateful unlocks the fullness of life.
It turns what we have into enough.



Get Set 4
Education

- Ask a family member to play the game with you.
- Write down three things you are grateful for and share them.
- Colour in one of your #3 puzzle pieces.
- Tweet how you are getting on @GetSet4Ed

- 1 *My warm home.*
- 2 *My lovely dogs, Ivan and Ginger.*
- 3 *My Mum's cooking.*



www.getset4education.co.uk