

SPRING  CANYON
MEDITATION CLUB

Please use this sheet to write down one thing you are grateful for about each of your teachers and one other adult. Sometime during the next week, tell each of your teachers and the one adult what you are grateful for about them.

1st period teacher _____
What I am grateful for _____

2nd period teacher _____
What I am grateful for _____

3rd period teacher _____
What I am grateful for _____

4th period teacher _____
What I am grateful for _____

5th period teacher _____
What I am grateful for _____

6th period teacher _____
What I am grateful for _____

7th period teacher _____
What I am grateful for _____

One other adult _____
What I am grateful for _____