### Fun Gratitude Activities

<table>
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<th>Activity</th>
<th>Details</th>
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<tr>
<td><strong>Gratitude Cup/Jar</strong></td>
<td>Teach your kids gratitude with this daily gratitude jar activity. Each day, ask your little ones to write down something they’re thankful for. You need paper, scissors, and a pen/pencil. Try to write down one thing each day. The power of positive thinking can improve their mood and happiness.</td>
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<td><strong>Gratitude Yoga</strong></td>
<td>Teach your children to exercise regularly as a way to thank their body and mind. Exercising for 150 minutes a week (just 2.5 hours) can extend your life by 3.4 years. Yoga is a great fitness routine because it combines physical action with reflection. The 6-step gratitude yoga exercise (included on the next page) is focused on both inner gratitude and appreciation for the world around us. It’s designed with kiddos in mind.</td>
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| **Gratitude Scavenger Hunt** | Get your camera phone ready to take pictures of things that bring you joy. Here are some examples:  
  - Find something that you enjoy in nature.  
  - Find something in your favorite color.  
  - Find something you use every day.  
  - Find something that smells good. |
| **Gratitude Guess Who** | Have everyone write their name and something they are grateful for on a slip of paper. Fold the paper so no one peeks and place them in a bowl or basket. Have everyone take turns selecting one folded paper, and read aloud without including the person’s name for the group to guess who wrote it. |

### Holiday Wishlist

Please make sure you fill out Playtime’s Holiday Wishlist. You can access a digital version by typing this link below.  
https://tinyurl.com/y5ylgl53

### Harvest Events

Thanks so much for attending Playtime’s Harvest events. We hope you all had a safe and festive time in your costumes.

### Playtime’s Parent Portal

Playtime has created a private portal on our website just for parents! You can find information on upcoming events, helpful resources, sign-up for activities, and more.

To get access, send your email address to your site manager and we’ll send you login details.

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Stay safe and healthy and please ask for help when you need it!

*Playtime Helps Children Rise*

Gratitude Yoga Exercises for Kids

I am grateful for:

- **My Breath**
  - *Child’s Pose*
    Lower your hips to your heels and forehead to the floor while you stretch your arms overhead.

- **My Goals**
  - *Cobra Pose*
    Lay with your belly on the floor and begin to straighten your arms to lift the chest off the floor.

- **The Sun**
  - *Mountain Pose*
    Stand with your big toes touching and heels slightly apart, hands stretched at your sides.

- **My Strength**
  - *Warrior 1 Pose*
    Reach your fingertips to the sky as you bend your front knee and straighten your back leg.

- **Nature**
  - *Tree Pose*
    From mountain pose, bend one knee and lift your heel up to rest against the opposite leg.

- **The Sky**
  - *Resting Pose*
    Lie on your back with your legs straight and arms at your sides. Close your eyes and breathe deeply.