

# The Thank-you Present

A Book About Gratitude

## Make Your Own Thank-you Letters

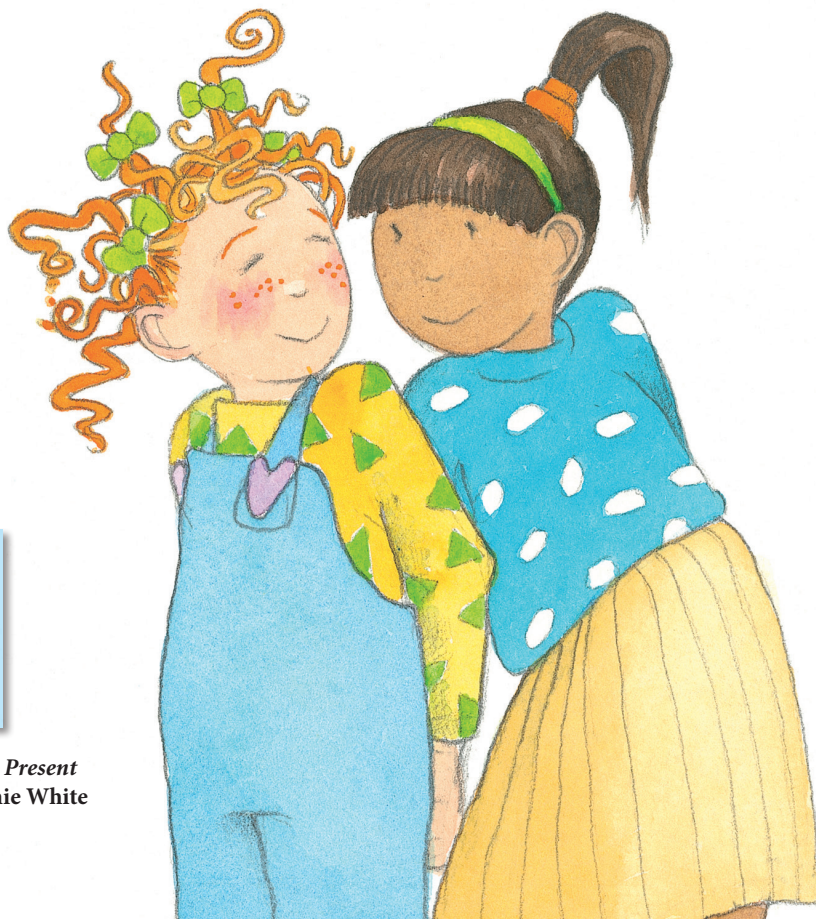
In *The Thank-you Present: A Book About Gratitude*, Evie and Lola give each other presents to show their thankfulness for one another. Read the story and complete the activity in the back of the book.

Before writing your own thank-you letters, listen to the *Thank You!* meditation in the free Smiling Mind app. This will help you notice what happens in your body when you feel grateful (there's usually a warm and happy feeling!) and encourage you to think about who you'd like to thank and why.

Find the *Thank You!* meditation in the 3–6 Year Olds section of the Smiling Mind app.

### Write a list of five people that you would like to say 'thank you' to:

- 1.
- 2.
- 3.
- 4.
- 5.



Purchase *The Thank-you Present* by Jane Martino and Annie White at your local bookstore.

Celebrating  
**80**  
years of Puffin

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Make Your Own  
**Thank-you**  
Letters

Dear.....

Thank you for.....

I love it when you.....

You make me feel.....

You help me when you.....

I hope that you.....

Love from.....

Draw a picture of yourself and the person you're writing to having fun together:



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Colour in Evie, Lola and the dog.



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