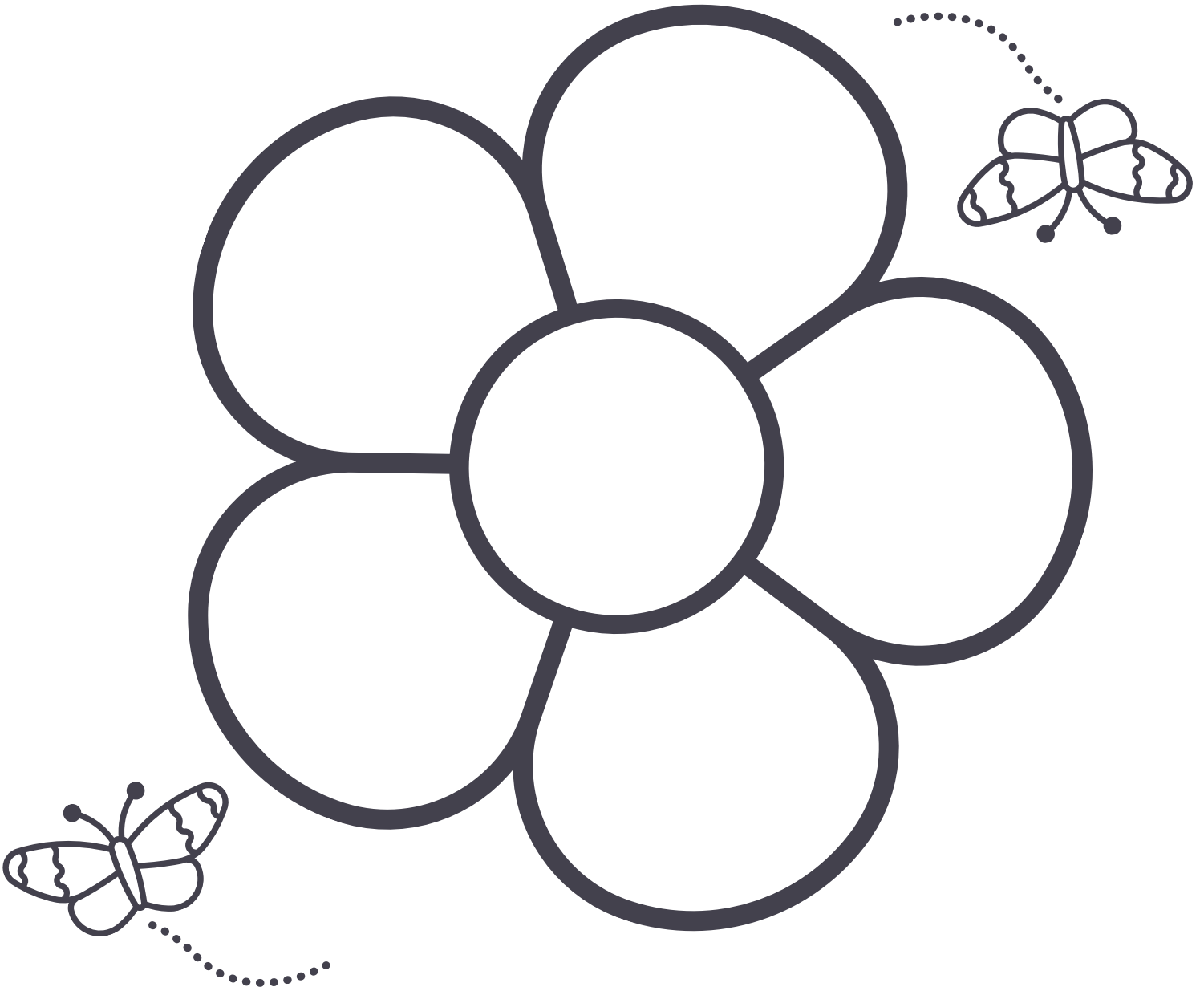


# GRATITUDE FLOWER

In the center of the flower, write the child's name. Then write an appreciation in each of the petals.



## DID YOU KNOW?

A recent study found that flowers improve emotional health, making people feel instantly happy when they receive flowers from a loved one! All of the participants in the study showed "true" or "excited" smiles when they received flowers, showing extreme happiness and gratitude. Flowers make you feel happier for longer.