



## 6 WAYS TO SHOW GRATITUDE

*Be Aware of All the Great Things You Have!*

YOUR NAME \_\_\_\_\_

1. Does your Mom help organize "your stuff" for your day at practices or games?  
**THANK HER!**

2. Can you help Mom and Dad by taking charge of your daily preparation for school, practice and or game day? What does this look like?

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3. Who drives you to your games and practices? \_\_\_\_\_  
How often can you remember to "thanks" BEFORE you get out of the car?

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4. Try the 10 Second Rule. Ten seconds before you get out of the car, tell Mom/Dad one thing you are grateful for. List some examples here.

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5. Door Handle Rule when ENTERING the car: Look your parents in the eye and say, "Thanks for picking me up \_\_\_\_\_!" (Mom/Dad/family member/friend)

6. After every practice or game, look around and see what needs to be done. Ask your coach: "Is there anything else I can do for you?" What are some ways you can help out at the field?

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