

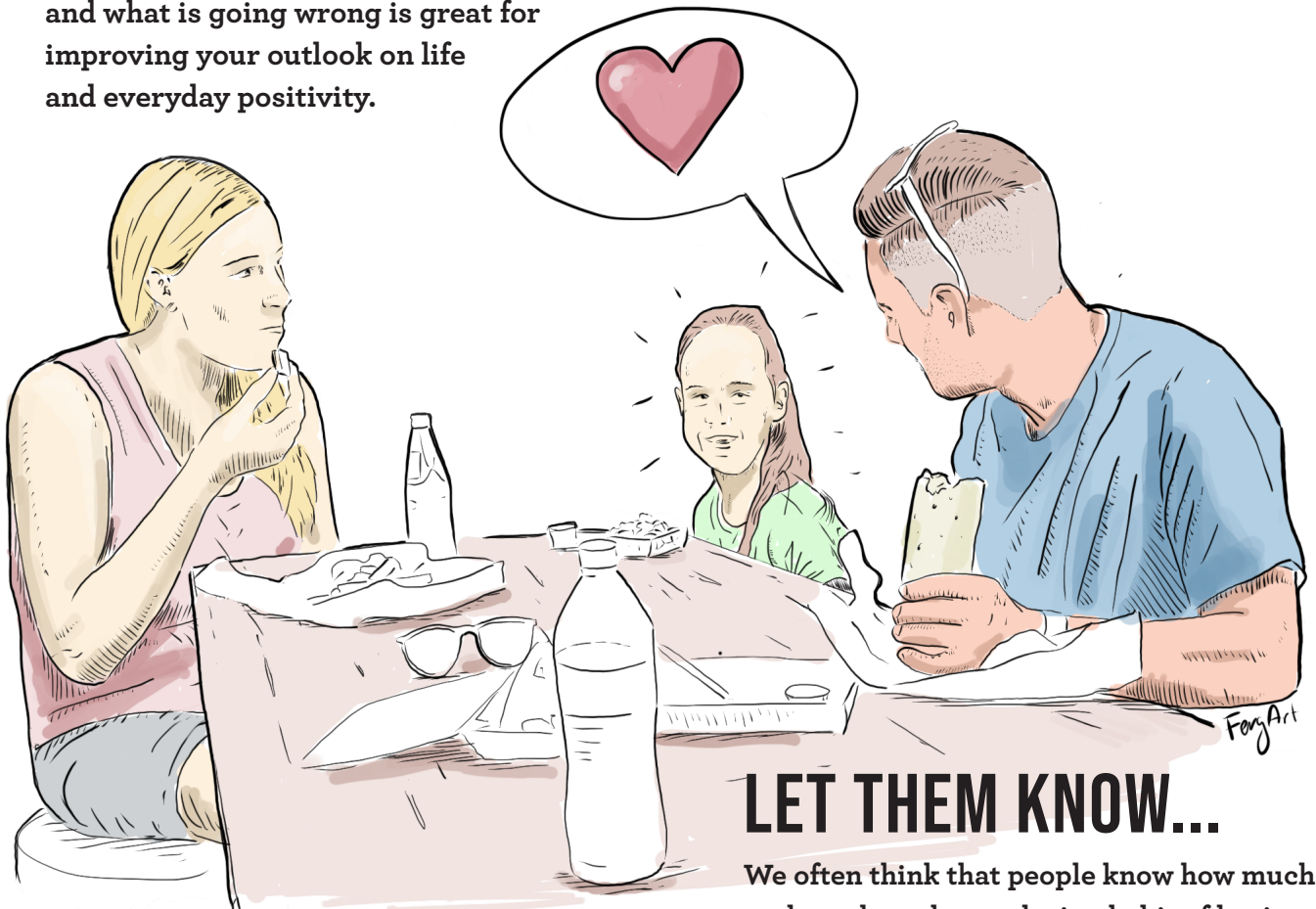
Thankfulness Week
15-21 June

*Thankfulness
=
Happiness*

WHO ARE YOU THANKFUL FOR?

Thinking of people that you are thankful for and telling them is a great way to build up the mental healthiness of you and them.

Thankfulness: Thinking about what you do have and what is going well instead of what you don't have and what is going wrong is great for improving your outlook on life and everyday positivity.



LET THEM KNOW...

We often think that people know how much we love them, but make it a habit of letting people know that you do and also tell them what you love about them!

*Do it everyday and
notice the difference.*