

## Gratitude Paper Chain

*A visual reminder that your family has a lot to be thankful for, this paper chain gives kids an opportunity to practice gratitude by recognizing and focusing on the positives.*



**Description:** Demonstrate appreciation for life's gifts by listing things, people and places for which you are grateful. Add one new paper chain loop every day, or create the entire thing at once.

**Time to Complete:** 15-30 minutes

**Supplies Level:** Light

**Tags:** Pre-K – 2nd, 3<sup>rd</sup> – 5<sup>th</sup>, Gratitude, Developing Character

**Step 1:** Gather your supplies – plain or construction paper, markers or crayons, scissors, a stapler or tape, and (optional) string or ribbon. One sheet of paper will make eight paper chain loops, and you can have as many loops as you'd like. Consider using one color paper or marker/crayon per family member.

**Step 2:** Fold each piece of paper in half three times, horizontally.

**Step 3:** Unfold the paper and cut along each of the fold lines, making eight strips of paper.

**Step 4:** Have each person write or draw one thing they're grateful for, each on their own strip of paper. While they're doing this, talk with your kids about what it means to show gratitude and why it's important.

**Step 5:** Take one of the completed strips and tape the short ends together, with the words/pictures on the outside of the loop you've created. Thread a second strip through the center of the first loop you made, and tape the short ends of the second strip together. Repeat until each of the completed strips are connected. Hang the paper chain, adding to it as you'd like. (A ribbon/string tied to the end makes hanging easier.)



**We'd love to know what you thought of this project!**

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Send a picture to [info@insideoutclub.org](mailto:info@insideoutclub.org) if we can share it on social media/in newsletters*

