

# Grateful Like a Squirrel

Squirrels love to collect acorns, just like we like to collect happy moments! Write or draw one thing in each acorn that made you feel happy or thankful today.



# See Our Websites for More **Free** Resources

**1** [www.socialworkerstoolbox.com](http://www.socialworkerstoolbox.com)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

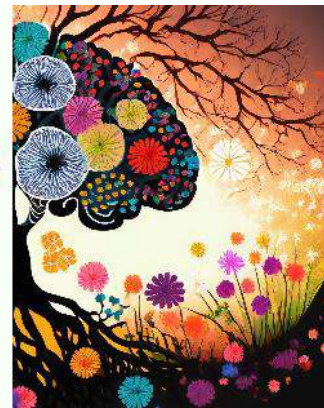
Free social work resources for direct work



**2** [www.anxietyhelpbox.com](http://www.anxietyhelpbox.com)



[www.AnxietyHelpBox.com](http://www.AnxietyHelpBox.com)  
Free Anxiety Tools & Resources



**3** [www.feelingshelpbox.com](http://www.feelingshelpbox.com)

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



©Edita Stiborova (2025) This document can be used at no charge by individuals and not-for-profit organisations for their work with families and/or training as well as uploaded to other websites providing that no changes are made to its content.