

K E V I N
LOVE FUND

Everyone is Going Through Something



GRATITUDE PRACTICE

GRATITUDE MEANS NOTICING THE THINGS, PEOPLE, AND PLACES THAT YOU APPRECIATE IN YOUR LIFE.

When we feel grateful, this can make us feel healthier and happier.

CREATIVE ACTIVITY

WHAT DO YOU FEEL GRATEFUL FOR?

Create a collage that represents the people, places, memories, events, and things that you feel grateful for in your life.

