

# Gratitude Box



## A thank you a day

Decorate the two papers on both sides, as you prefer. Use them to fold the box and lid.

Every day before bed, remember everything that happened in your day and choose something you are grateful for. Write on a piece of paper, thank for it inside and put it in the box.

After a week, open the box and review all the thanks you've put together. Does that make you even more grateful?

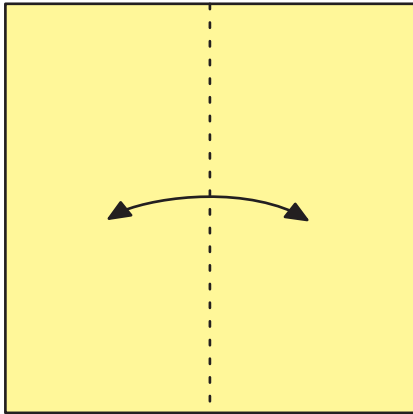
And you can do the same for a month.

**Box With Lid:** Based on a traditional model.  
**A Thank You A Day:** Activity by Rita Foelker.

# Box With Lid steps

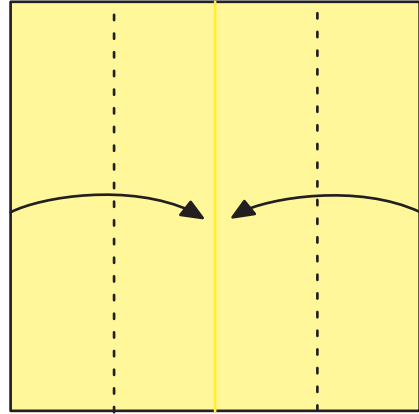
USE 2 21 X 21 CM SQUARE PAPERS

1



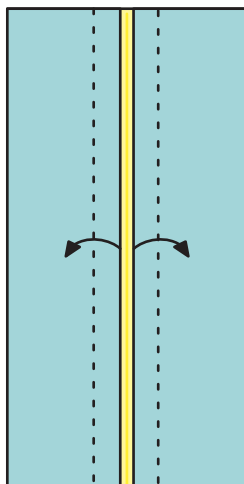
1. Join side to side and crease.

2



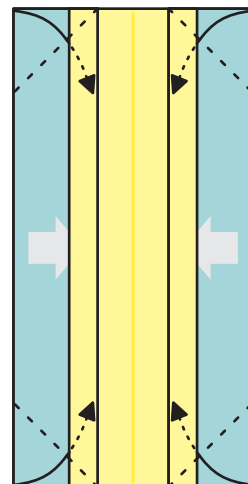
2. Take both sides to the center line.

3

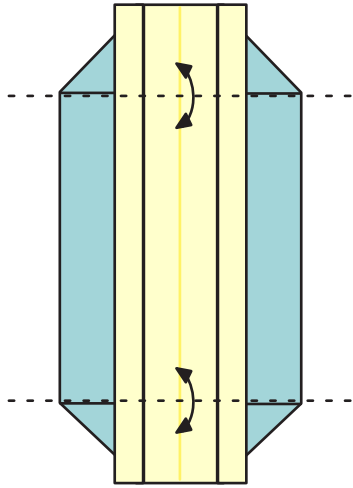


3. Fold two narrow strips out as shown.

4

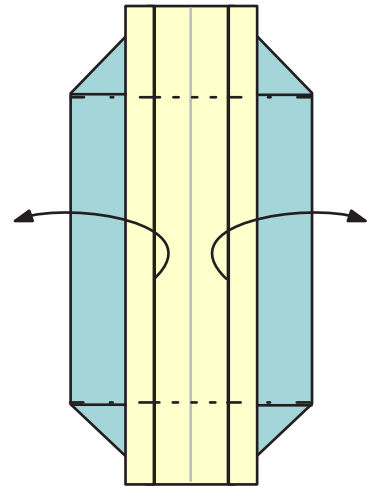


4. Lift the tabs and fold the four corners under them. Fold the tabs down.



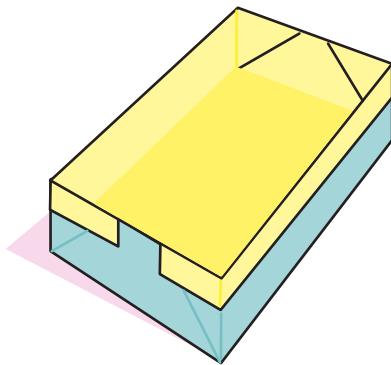
5

5. Crease along the bases of the small triangles.

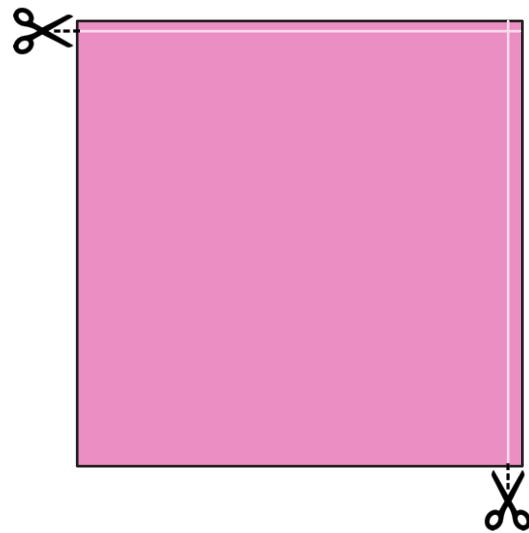


6

6. Open and lift as shown and shape the corners carefully.



The Lid is ready!



Cut 0.5 cm from each side of the second square of paper. Fold it up following all the steps of the Lid and you'll have the Box!

