

Mindful Dice

Make your own gratitude and mindfulness die to enjoy with friends, family, and on your own! Cut out the template, fold along the lines, and glue it together to make your cube. Then, roll the die and answer the questions you land on. Take a moment to listen, share, and notice the little things that make you feel grateful.

Slow down and notice.

Take the time
to notice the
good things
in life.

