

Locating Oneself within Gratitude

Write a Thank You note to an object that plays a role in your daily life.

- Consider the physical form of the object.
 - The design
 - The aesthetic appeal
 - Any marks from use
- Consider how you use the object. How does it simplify or support a task or process?
- Consider how and where the object was made. What stories does it hold?
- What particular aspects of the object do you most appreciate?

Dear _____,

With great appreciation, _____

CREATIVE ENGAGEMENT FOR HEALTH

