

ULEAD Card Activity: I'm Thankful For You



ULEAD Deck(s):
ULEAD Original
ULEAD Jr



Card Element:
Image



Great For:
Communication, Mindfulness



SEL Category:
Relationship Skills



Instructions:

Using the full color image, reach out to someone you are thankful for. Use the picture as a metaphor to describe a gift they have, a trait or quality they exhibit, or something about who they are as a person and how they impact your life.

For more information and activities go to uleadinc.org

CASEL. "CASEL'S SEL Framework: What Are the Core Competence Areas and Where Are They Promoted?" 2020. <https://casel.org/wp-content/uploads/2020/12/CASEL-SEL-Framework-11.2020.pdf>.