

Cozy Home

Gratitude and Love



Learning & Activity Packet 5



Dear Families

Welcome to the Learning & Activity Packet we have prepared to extend the thinking and learning that were explored in our Cozy Corner offering! Cozy Arts believes that learning is something that happens together, and we are excited to learn with you.

In this packet, we explore the themes of gratitude and love. As you saw in “The Grakatudes” we can feel grateful for many things, including family and friends, the actions of others, and for the world around us. We also learned that we can choose to express our feelings of gratitude in meaningful actions.

Our philosophy of “learning together” is built on the principles of Feelings, Friendship, and Fairness. Growing out of these principles, the activities that we present to you in this packet support the development of crucial social-emotional skills in tangible ways. They also provide concrete connections to other people and to the community, and are oriented towards justice in ways that children can easily understand. If you want to know more about our learning philosophy, please visit [LEARN WITH US.](#)

Each Learning & Activity Packet contains arts-based projects, ideas, conversation prompts, book suggestions, and resources - all thoughtfully crafted and collected to support and extend the learning that began with Rory and our other Cozy Corner friends.

Together, we are building a learning community, so please share your input and suggestions about different activities and conversations you have about gratitude and love! We also invite you to send us photos and stories of you putting this learning into action - we would love to share them on our website! To send us your ideas and stories, please email them to share@cozyarts.org

On behalf of the Cozy Arts community, I want to thank you for joining us on this journey.

A handwritten signature in grey ink, appearing to read "Faye Dupras".

Faye Dupras
Founder, Artistic Director

KID'S COZY COMIC!

An interactive letter for children



COZY WORDS

Cozy Corner is informed by the qualities of kindness, empathy, respect, fairness, equity, and trust. The words we use are important and shape the ways in which we behave in the world around us. Here is a list of words you will hear often in Cozy Corner, and our interpretations of them:

LOVE | as a core quality that inspires positive actions and attributes

FRIENDSHIP | an expression of love for others, an infinite resource

CURIOSITY | fuels learning and helps us expand beyond what we know

GENEROSITY | a quality of the heart that involves being present with, and open to, others

WELCOMING | an action of expanding our nucleus of friendship to include all peoples, both familiar and less familiar to us

COMMUNITY | a group of people working together towards common goals

THEME WORDS

GRATITUDE | feeling thankful for people, actions, and/or the world around us

WHAT DO YOU THINK . . .

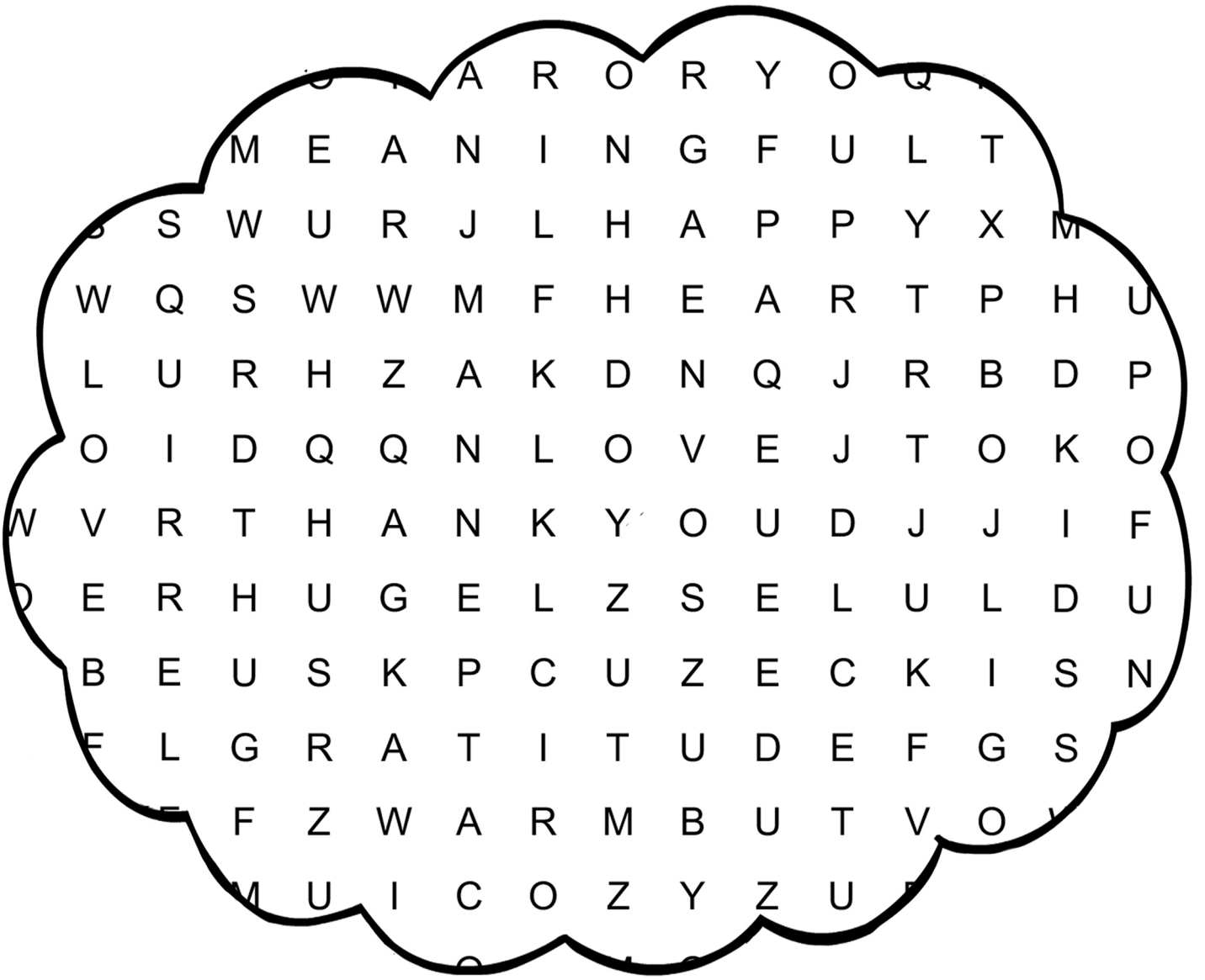
prompts for conversation, drama, and drawing

- What did Rory's friends do to make Rory feel so grateful?
- Have you ever done something to make someone feel grateful? How did it make you feel inside?
- Has anyone ever done something to make you feel grateful? How did it make you feel inside?
- What did Rory do to show gratitude?
- How do you show your feelings of gratitude?
- Are there other ways to show gratitude?
- Think about your day, from the moment you wake up in the morning to when we go to sleep at night - what are all the things you can be grateful for in just one day?

[Write us a letter](#) with your questions about Cozy Corner and we will write you back!

GRATITUDE!





HAPPY

MEANINGFUL

GRATITUDE

THANK YOU

WARM

HUG

HEART

LOVE

