



The ABCs of Gratitude

What are you grateful for? Write down people, places, experiences and things you're grateful for which start with each letter of the alphabet.

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z



About Cartwheel: We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid. **To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.**