An illustration of five diverse children of various ethnicities and ages, smiling and holding a large, light blue rectangular sign. The sign has a white center with an orange banner at the top and large green text in the middle. The children are holding markers, suggesting they are coloring or drawing on the sign. The background features simple line drawings of trees and clouds. At the bottom of the image, there are two large, white line-art illustrations of fish, one on the left and one on the right, swimming in a pool of water.

Toby the Goby

PRINTABLE  
RESOURCES

# Thankful List

Today is:

---

1.

---

2.

---

3.

---

5.

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6.

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7.

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8.

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9.

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10.

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# REST LIST

Choose a way to rest this week! Read from the list and make a happy face in the circle next to the one you will complete this week!



Read a Book



Put My Head Down and  
Close My Eyes



Write in a Journal



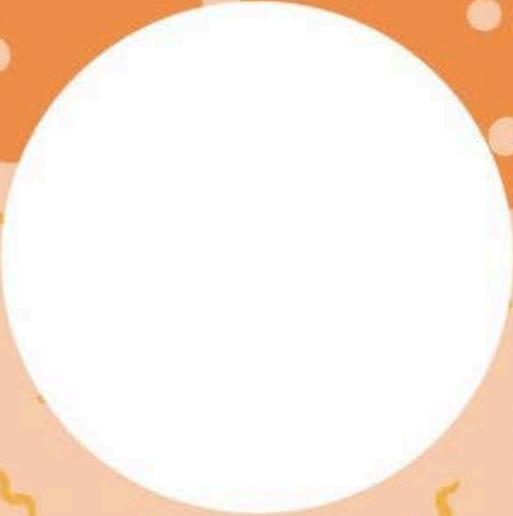
Listen to a Song and  
Sit Super Still



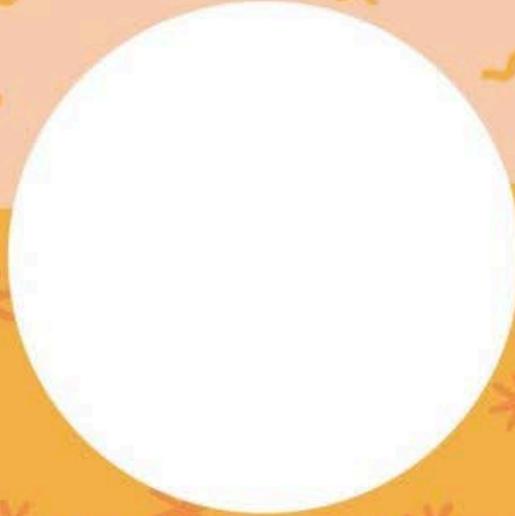
Sit at a Table and  
Breath In and Out

# READING LIST

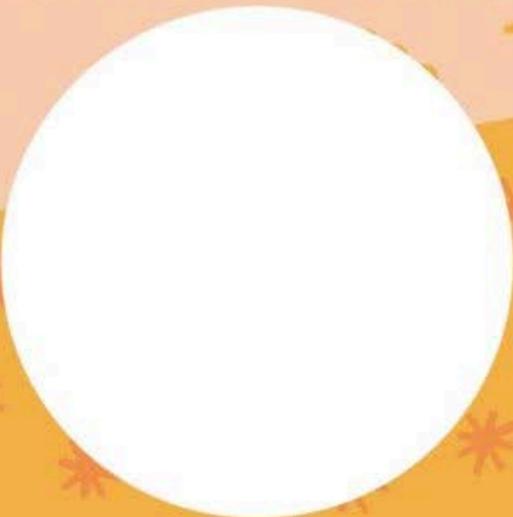
**Book No. 1**



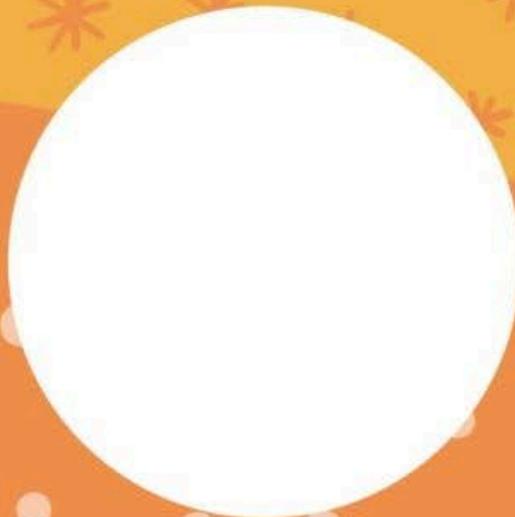
**Book No. 2**

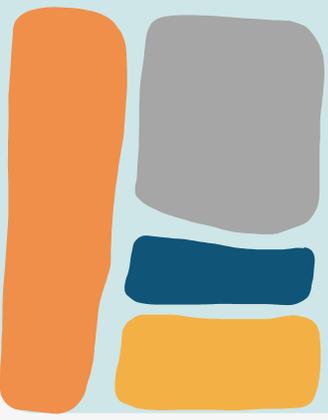


**Book No. 3**



**Book No. 4**





# My Journal



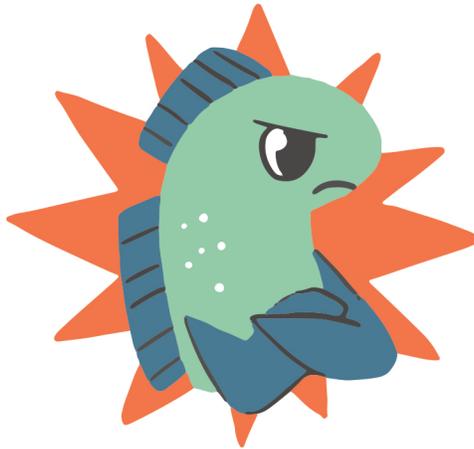
Journal writing area with horizontal lines.



# How are you feeling today?



HAPPY



ANGRY



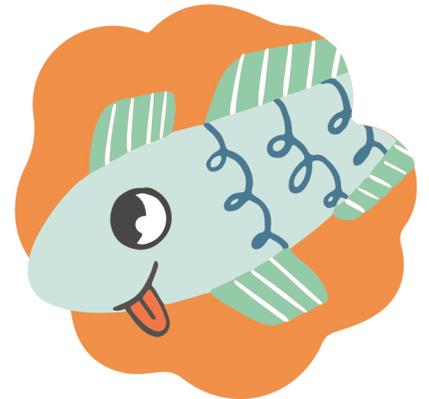
SAD



CALM



WORRIED



SILLY

A decorative background for a to-do list featuring a bright yellow sun with orange rays in the top left, white fluffy clouds in the top right, and abstract orange and blue brushstrokes on an orange background.

# My To Do List

Date: .....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

A decorative background for a to-do list featuring a bright yellow sun with orange rays in the top left, white fluffy clouds in the top right, and abstract orange and blue brushstrokes on an orange background.

# My To Do List

Date: .....

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# forty I ams



1. I am a Child of God. Romans 8:16
2. I am safe from danger. Psalm 107:2
3. I am forgiven. Colossians 1:13-14
4. I am saved by grace. Ephesians 2:8
5. I am finding peace through Jesus. Romans 5:1
6. I am one of God's People. 1 Corinthians 1:2
7. I am a new creation. 2 Corinthians 5:17
8. I am invited to God's promises. 2 Peter 1:4
9. I am free and full of grace. Galatians 3:13
10. I am living in God's Kingdom. Colossians 1:13
11. I am led by the Spirit of God. Romans 8:14
12. I am one of God's kids. Romans 8:14
13. I am safe in God. Psalm 91:11
14. I am getting all my needs met by Jesus. Philippians 4:19
15. I am giving all my worries to Jesus. 1 Peter 5:7
16. I am strong in Christ. 1 Ephesians 6:10
17. I am doing all things through Christ. Philippians 4:13
18. I am sharing glory with God. Romans 8:17
19. I am blessed like Abraham. Galatians 3:13-14
20. I am observing and doing what God asks. Deut. 28:12
21. I am blessed, blessed, blessed. Deuteronomy 28:6
22. I am finding my life in Jesus. 1 John 5:11-12
23. I am blessed by God. Ephesians 1:3
24. I am healed by Jesus. 1 Peter 2:24
25. I am safe and protected. Luke 10:19
26. I am first, not last. Deuteronomy 28:13
27. I am a conqueror. Romans 8:37
28. I am full of God's power. Matthew 16:19
29. I am an overcomer. Revelation 12:11
30. I am living with God inside of me. 1 John 4:4
31. I am keeping my eyes on Jesus. 2 Corinthians 4:18
32. I am walking by faith. 2 Corinthians 5:7
33. I am fighting like Jesus. 2 Corinthians 10:4-5
34. I am learning to think like God. 2 Corinthians 10:5
35. I am changed by what I think. Romans 12:1-2
36. I am God's partner. 1 Corinthians 3:9
37. I am in Christ. 2 Corinthians 5:21
38. I am living like Christ. Ephesians 5:1
39. I am the light of the world. Matthew 5:13-14
40. I am blessing and praising Jesus with my life. Psalm 34:1