



MY THANKFUL LIST

This Thanksgiving season, let's pause and give thanks for all the amazing things around us — the people who love us, the friends who cheer us on, the places we grow, and the little moments that make life fun! At Noa Marting Gymnastics, we believe gratitude is like a muscle — the more we use it, the stronger it gets!

So take a few minutes to think, write, or draw what makes you feel thankful. You can share it with your family, your coach, or a friend!

I'm thankful for my family because

I'm thankful for my friends because

I'm thankful for my coach or teacher because

I'm thankful for something I'm learning right now

I'm thankful for myself because
