



**TFO**  
LIFE ACADEMY

# GRATITUDE CHECKS



Learn how checks work while saying thanks in creative (and valuable!) ways.

A check is a promise to pay. Sometimes the payment is money, but in our Bank of Gratitude we use kindness, time, and effort instead. You'll practice writing checks—and giving thanks—by putting a value on your gratitude.

## Anatomy of a Check

**A check has a few important parts.**

Here's how to fill them out in the Bank of Gratitude:

**1 Date**

Write today's date so the person knows when you gave your gratitude.

**2 Pay to the Order Of**

Write the name of the person you want to thank.

**3 \$ Box**

Write the dollar value in numbers.

**4 Dollars Line**

Write the same amount in words.

**Tip:** This is great math practice—numbers AND words!

**5 Memo Line**

Explain what you're thankful for.

**6 Signature**

Sign your name to show you promise to "pay" your gratitude.

**Side Note:** Gratitude can be priceless...  
but it's fun to assign a value! Is a hug worth \$1 million? You decide.

## How the Activity Works (with the new twist)

- 1. Learn** — Review the sample check and see how to write amounts in numbers and words.
- 2. Assign a Value** — Decide how much your gratitude is "worth." (Ex: *Hug* = \$1 million, *doing the dishes* = \$5).
- 3. Write a Check** — Fill out the blanks, practicing both the number and longform math.
- 4. Cut & Give** — Hand out your Gratitude Checks to family and friends.
- 5. Redeem** — Recipients can "cash" the checks whenever they want their act of thanks.

**Flip this page over for your own Gratitude Checks.**

Cut them out, assign values, and give them away.

Remember: a check is a promise, so be ready to deliver when someone "cashes in"!

Tip: Assign a dollar value! Is your thank-you worth \$5, \$100, or \$1,000,000? Cleaning your room? Washing the dishes?

[illegible][illegible]

CHECK NO. 0001

YOUR NAME  
123 Main St. | Anywhere, USA

PAY TO THE ORDER OF \_\_\_\_\_  

\$ \_\_\_\_\_ DOLLARS

DATE \_\_\_\_\_

TFO BANK OF GRATITUDE  
LIFE ACADEMY

MEMO \_\_\_\_\_ SIGNATURE \_\_\_\_\_

NOT LEGAL TENDER

**Backed by kindness, time, and effort—not legal tender.**