



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

A check is a promise to pay. Normally, the payment is money, but for this activity we're using 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, and how to show your gratitude:

YOUR NAME
123 Main St. | Anywhere, USA

CHECK NO. 0001

1 DATE 11/20/2025

2 PAY TO THE ORDER OF Dad **3** \$ 1,000,000.00

4 One Million and 00/100 DOLLARS

Bell Bank BANK OF GRATITUDE
Family and Employee Owned

5 MEMO A million dollar hug for helping me with homework **6** SIGNATURE Jenny

NOT LEGAL TENDER

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 of your gratitude.

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 and 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?

CHECK NO. 0001

PAY TO THE ORDER OF _____ \$_____ DOLLARS

MEMO _____ SIGNATURE _____

Bell Bank
BANK OF GRATITUDE
Family and Employee Owned

YOUR NAME
123 Main St. | Anywhere, USA
DATE _____

NOT LEGAL TENDER

CHECK NO. 0001

YOUR NAME

123 Main St. | Anywhere, USA

PAY TO THE ORDER OF

\$ _____ DOLLARS

Memo to Bank of Gratitude

Bell Bank
BANK OF GRATITUDE
Family and Employee Owned

MEMO

SIGNATURE

NOT LEGAL TENDER

CHECK NO. 0001

DATE

\$

DOLLARS

PAY TO THE ORDER OF

Bell Bank
BANK OF GRATITUDE
Family and Employee Owned

MEMO

SIGNATURE

NOT LEGAL TENDER

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