Mixtape: Gratitude with CBTV

Chapter 1 - Mixtape: Gratitude

Gratitude for Teachers with Mou Saha

- I have always loved to learn. Even when I'm the one teaching a class, I set an intention for myself to learn something from that experience. This love of learning is a gift from my incredible teachers, some of whom became my mentors and showed me how powerful encouragement can be. So who are your most favorite teachers? How did they influence you? Let's make a page today to honor those connections. I'm gonna start by blocking out a title space or a label space where I'm going to write teachers. This does not have to be perfect. I'm trying to do a diamond shape here. And if you wanna change it up, you can do it when you color. I'm just gonna add my favorite colors around here. I'm just using the flat edge of my brush to create a clean edge for my label here. And even if you get inside it, it's really not a problem, but this helps you get a cleaner edge. If you're not comfortable using the same brush dipping into two paint tubs, two different colors, you can use a different brush. And this colored combination reminds me of peaches. I'm gonna write teachers inside the label. For that I have diluted some black acrylic paint and I'm using a number 4 round brush. You will notice that I don't write all the letters in the same size. It's just I feel much better flow when I change up the sizes, sometimes to fit into a place better, sometimes just because I like the look. There are no hard and fast rules to this. You do whatever suits your aesthetics and whatever way you feel comfortable doing it. Now I'm gonna let this dry and then add some journaling above and below. On this page I'm mixing up block letters and brush letters. Just once you learn how to do it, there are so many ways to mix and match to create your favorite look. And kind of wrapping my lettering around that central label. That just helps bring the whole page together because there are a lot of different elements going on. There is pen lettering, brush lettering, a painted background, some blank space left. So just to pull everything together is to respect how they come together in one space. I'm gonna add a little bit of doodle to fill up a little bit of the space, maybe add a vine here. I'm using a small, soft, brush-tipped pen here. You could do this with a finer paint brush as well. When you are using any material, no matter what material you are using, don't get stuck on making things perfect. That just takes the fun out of it and that's the whole process for this kind of journaling. It's not about the end product so much as the process. To match that, I'm gonna turn my page and do a similar one right here. I want my heart to face the right way, so I'm just gonna keep it like that. A soft brush pen is almost like a brush, slightly stiffer, so kind of easier in some ways. But I love using all my markers as well as my paint brushes when I'm lettering and doodling. I'm gonna add a little something here, maybe some dots, just to bring back a little bit of the focus to the star of the page. And I think we are good.

Gratitude Game with Liana and Courtney

- Hi, I'm Liana. - And I'm Courtney. - And if you're trying to think of something fun to do with your family and guests on Thanksgiving, we have a great idea for you. - Yeah, usually people often will go around and say what they're thankful for, but I personally feel so put on the spot when that happens, especially if you're like at your boyfriend's house for the first time, or with a new group of people. - Right. - So Liana came up with this really fun kind of Mad Libs-style prompt, if you will. So you have a minute to kind of reflect and think about what you're thankful for, but also adding some new elements to the idea and the challenge of what gratitude is about. - Right, so we're going

© CBTV and Creativebug Inc., 2026

beyond gratitude here. We're talking about different things that are inspiring you in your life and that you're gonna be thinking about forever and that you are grateful for, but they can be things that are both funny and serious. And it also, like you were saying, gives the guests a chance to sit down with it for a minute. Give them a pen, let them think about it, and then you can go around the table and share your answers. - I love that your gratitude's kind of like nestled in a little bit more. (laughs) So we have this PDF download. Yours will just be blank, like this. It has a space for the person's name. You can pen this in, in advance. I did Liana's page and she did mine. For our lettering, we used these Koi Coloring Brush pens and some Gelly Rolls. It's really fun to play with them in conjunction. So Liana did my name, I did hers, and then this will be, included on your PDF, are these prompts. Do you wanna read them out? - Sure, the prompts are: fill in the blank, Liana in this case, Is inspired by... We'll never forget... Hopes things get better for... Can't stop laughing at... Is grateful for... - I love that, so then you can fill it out, you can share it with your friends and guests, and, like you said, it could be funny, or humorous or serious, but you don't have to just be on the spot, asked "What are you grateful for?" People always say friends and family, and then you have six people saying, friends and family. (Liana laughing) It's not as interesting, I like this better. And then we have some ideas for how to decorate this. Should we fill it out? - I think that we should. - Okay, let's fill it out. We're gonna take a minute. - Okay. - On the clock here, and fill this out. - [Liana] I need to pick my Gelly Roll pen. - [Courtney] I'm using a Micron pen, I actually really love these. Hmm... (pens scraping) Inspired by, so many things I'm inspired by. (pens scraping) - Okay, I am done. - Okay. Let's do back and forth. - Okay. - Okay, I'm inspired by images, art and community. - I'm inspired by Courtney. - Aw, that's so cute. (Liana laughing) I also give her a ride into work every day, so really that's probably why she's being so sweet. That's my last one I'm grateful for are rides in to work every day with Courtney. (both laughing) - I'm actually very grateful for that, but that's not what I put on my sheet. We'll never forget the first time I saw Charlie. - Aw, that's nice. I will never forget how much my dad loves lemon meringue pie. - My dad too. - Weird. - We should get them together. - See, you learn things about each other. - I love this. Hope things get better for... I have to say, just like, victims of natural disaster I feel like the world is really going through right now. It's a very simple wish to put out for such a complex problem, but seems like a hard time for a lot of people. - And similarly, I hope things get better for the California Firefighters. - Yeah, you guys are doing an awesome job right now. - They are doing some tough work. - Can't stop laughing at Liana's bangs wig. - That's what I put. - What? (both laughing) Liana just had a big birthday, and although I wasn't there, I did see on Instagram her amazing bangs wig. - My friends got me some... It's a wig, but it's just bangs, 'cause I always say I want bangs, but because I have curly hair, everybody tells me I can't get them. - But they're straight bangs on curly hair, right? - It looks terrible. - It's pretty hilarious. We should include that in the PDF. (both laughing) - Everybody can't stop laughing at my bang wig. - And is grateful for... this is always the hard one, 'cause there's so many things, right, and what do you write? I wrote tea time ritual with friends, because I have a lot of friends that I sit down and have tea with. - Aw, nice and simple. - Yeah. - I like it. - [Courtney] What are you grateful for? - I am grateful for my health and the health of those around me. - That's a great thing. Everyone's been a little sick in the office, so health is a good thing to be grateful for. - Yeah, but just a little sick. - No, it's good. Yeah, that's awesome. That's like hilarious and super fun, and that's just two of us. So if you have an entire table of guests, I'm gonna make my family do this. If you wanna decorate your border a little bit, you can do some simple and easy brush strokes. If you've seen my Pattern a Day class, you probably are already familiar with these coloring brush Koy pens, a ton of our artists use them, but they feel kind of like a watercolor brush, but they're marker

© CBTV and Creativebug Inc., 2026

pens, so they're really easy. I'm sorry, I already decorated yours. - That's fine. - I'm gonna decorate this one. - I'll just watch you. - Pick a color palette you like, every guest could be different. But really, you can just do like a thick and a thin mark. For a thick line, you just press down, and for a thin line you use this on its tip. I'm just making these little confetti marks essentially, but you can build them up to make something sort of like a festive garland, if you want. I mean, really this is like the most controlled scribbling ever, you're really not doing a whole lot of things. I'm just making like little Y marks. - And you know what? This is a great activity to put your kids to work. - Yes. - Say, hey kids, you gotta decorate about a dozen of these cards. - I know, they're really fun. Just like that. - [Liana] Pretty. - So you can kind of play. This one's a little bit different, it has softer edges, looking more kind of like a wreath, and it has some cool and warm colors. They're just tiny little brush marks, but it's a nice way to decorate the place cards, or game, if you will. But you can also leave them blank. It's just up to you. - And it only takes a couple minutes, and it's a great way to get the family involved. And best of all, it adds a whole other layer of meaning to Thanksgiving, going beyond food. - I love that. I know, I love that, and it's a nice way to start a new tradition.

Highlight, Lowlight, and Insight with Courtney and Mike
- Hi, I'm Courtney. - And I'm Mike McConnell. - And I invited Mike here because we're talking about ways to be thankful and show gratitude this month, and you have a really great practice that you've told me about that I love because I think teaching kids how to be thankful and grateful can be a real challenge, and you have a son that you do this with, and what's the practice that you guys do every day? - So my partner and I have a 12-year-old and every night before dinner when we we have him, we do highlights, low lights, and insights. So you say your highlight which is the best part of your day, your low light which is the part that you wish didn't happen, and then your insight what you learned from the day. - And your son's name's is Yona, how does Yona react to this? Does he enjoy it? Is he resistant? How do you encourage him? - No, if we put the food down and start eating before we do it, he gets really frustrated with us that we haven't done it yet, and he's into it. Sometimes these things don't always make sense or he will make fun of us kind of and say like, oh my back's hurting 'cause I went to the gym. That was his low light. But as he's gotten older, they're much more in sync of what is actually happening in his life. - And then as the adult, like, you and Mark, how do you guys internalize this? Like, is it something you enjoy or look forward to? Is it hard to share these things with a kid? - No, it's actually really fun 'cause it makes you kind of like, kind of rewind your day to the point where you are and kind of check in what has happened, and sometimes you overlook like something really small that like made a big impact on your day. I went to my friend's bachelorette party and it was, you know, there was eight girls and we made this huge dinner, and before we had dinner I made them do highlights, low lights, and insights. They thought I was crazy and then they loved it. - I know, it's such a great practice. I can't wait to have kids 'cause I'm gonna start it too. - Awesome. - I think it's like, such a great idea for ourselves as adults to check in like you mentioned because it's so easy to lose sight of those same things that we have been experiencing since kids. Our highlight of the day, our low light of the day. And the insight, what kind of things do you say as an insight? What does Yona say as an insight? - Sometimes he'll say that he learned that he shouldn't say certain things, or, you know, what would've happened differently if he wouldn't have had bad behavior. So, I mean. - Yeah. It's good. It's a nice way to reflect and- - Also teach. I mean, he's learning like what things are appropriate to say and stuff like that. - Yeah, and I think probably with modeled behavior too, like, what do your parents consider a highlight, low light, and insight, and it's teaching him too how to spot those things in his day. - Yeah. - I love that. It's

© CBTV and Creativebug Inc., 2026

such a great practice, and I think just coming together for a meal and doing this first or while eating, especially if- - Yeah, we're not allowed to have supper until we do it. - I love that. It's such a good tradition. I feel like we should put this into practice. - Okay. - So do you do highlight and highlight, or do you do the full run and then- - One person goes through, and so Yona will actually he directs which order we will say it in. So like, he'll tell us. So my highlight of the day was going to my dance class this morning, my low light of the day so far is that it's extremely hot and I'm not a very big fan of the heat. - You're not even wearing a tank top appropriately for the weather. - Well, that's actually my insight 'cause if I would've known, I would've wore a tank top. Shoot. - I love it, so that's what your learning was. Okay. Let's see. My highlight this morning was no or very little traffic on my morning commute because this week has been a terror as far as traffic. My low light was that my check-in light came on while I was driving. I'm having a lot of car things this week, and maybe my insight is that it's just a car and actually what's been awesome is having you here in the Creativebug studio 'cause it's a rare treat. So all of that car stuff doesn't even matter. It's nice to have you here. Thanks for coming. - Thanks for having me. - Try to instill some daily gratitude with a practice like this. Maybe you wanna start a new tradition before dinner or in the morning even. Maybe what you're grateful for at the end of the day. Just any of these little moments to check in and see how your day went, and say thank you for the things that went well.

Warm Up America with Faith

- Hi, I'm Faith and I love to knit, i love to knit for other people, and I especially love to knit for charity. There's a lot of different charities around this country that accept finished garments or knit pieces, but one of my absolute favorites is Warm Up America. They collect squares and distribute afghans. So if you can't commit to knitting an entire afghan, you can knit one, it's actually a rectangle, you can knit a single rectangle, and then Warm Up America also trains people how to stitch them together into bigger afghans. Now, you might be thinking if you're brand new to knitting that you want your stitches to be perfect before you include them in a big project. But what's really special about these is it's definitely the thought that counts and also the warmth that this rectangle provides. And when it's mixed in with a bunch of other rectangles, you won't even notice its flaws. So I'm going to walk you through making the simplest, easiest square on their website. If you go to warmupamerica.org, there's a bunch of different patterns for these squares ranging from beginner to more experienced. You'll need a worsted weight acrylic wall. Acrylic, because it's washable and durable, and also size needles needed to obtain gauge. I'm going to be using a size seven. Make a slip knot, giving yourself about a yard. We'll be casting on 35 stitches as per the directions. Make a slip knot. Thread it on the needle. And this is called a long tail cast-on. It's my favorite cast-on. But if you have one that works for you, use that one. Insert both fingers, pull them back. We'll go up through here, pick this up back through and down. This looks tricky at first, but it ends up becoming a very fluid motion. Through here, pick this one up, and pull it down. Once again. You'll repeat that until you have 35 stitches across. And then we'll begin working in garter stitch. Now, begin knitting with a knit stitch. Make sure you're pulling from the ball and not your long tail. It's an easy mistake to make. Insert the needle, go around the back, peek through and off. I like using bamboo needles with acrylic because it has a bit of a grip to it. Sometimes, metal needles can be a little bit slippery. I'm gonna slow it down One more time. Go through, around, back through and off. Do you guys know the rhyme for this? It's very cute. In through the front door, out around the back, peek through the window, and off jumps Jack. So that's the front door, the back, the window, and Jack. When you get to the end, you will turn it around and begin again. That's what makes this the garter

© CBTV and Creativebug Inc., 2026

stitch. So there's a series of ridges, and you are only using the knit stitch. You don't need to purl. This is why I've chosen you the garter stitch for your first charity knitting rectangle because it's the easiest one possible. You actually can submit anything as long as it's seven by nine inches. But this one only uses the knit stitch, no purling. Go ahead and continue working in that method until you have nine inches, and then we'll bind off. To bind off, you'll knit two stitches, knit one, knit two, and using this needle, bring the first stitch over the second. Knit another stitch, bring it over, knit another stitch. And you'll repeat this way all the way until the end, until you have one stitch left. When you've gotten to the last stitch, pull it through and trim. Taking care to leave yourself a long tail. Different organizations will want you to finish your afghan square in different ways, so check out the FAQ to see whether or not you should weave in your ends or leave them long. If this has gotten you excited about knitting, we have plenty of patterns on our free pattern library and also a bunch of knitting classes. And please consider the next time you sit down to knit a project knitting a seven by nine swatch to donate to charity or donating your project to charity.

Thankful Lettering with Pam Garrison
- So, I just bought a new set of Marvy markers, these sketch markers, and I am so excited. These colors make me so happy. So, I wanna try and use them and see how they are in comparison with some of my others. I picked similar colors, and I'm going to write the word thankful and I'm gonna do it in a stacked letter design so that I'm actually seeing what the stroke of the pen is, so I will show you what I mean. I'm going to write it out first in pencil, and then I will go ahead and do that, so, (pencil scratches) again. So, I'm gonna do all lowercase this time, and I'm just doing a very thin pencil line, even though when I use the pens, it won't be this thin. (gentle instrumental music) Very simple base line here. (gentle music continues) Okay, so here's my line, thankful, and now, I'm going to try, I'm gonna start, (gentle music continues) I'm actually though, gonna start with a thicker pen just so I can build around that, so I am going to (gentle music continues) just randomly (gentle music continues) use this, which is a Promarker. (gentle music continues) I have yet to meet a pen that I don't like. It's kinda more, I mean, I love them for all their different inherent qualities. Okay. (pen lid clicks) Now that I've got that, I'm gonna go ahead and start with my new Marvys and see, and I'm actually going to just tilt this so I can use the brush part of the pen. Ooh, look at that. Nice and thick, and I don't wanna always put it by the same color, so I'm gonna vary where it goes. (gentle music continues) This is a really fun way to just kinda learn about your pens. When I get to curves, I'm actually gonna follow the curve on these stacked letters. Okay. (pen taps) So, now I'm gonna try a different pen. We'll use a Copic Sketch (gentle music continues) and lay down some of these. (gentle music continues) I'm going to continue building out my letters with my stacked, short strokes of pen. (gentle music continues) I'm being sure to try these pens in different ways, seeing what marks I can make with them, varying them up. (gentle music continues) This is a Faber-Castell Pitt Artist pen, big brush. I love these. It's got a nice fat tip, and also I really like how thick the barrel is. (gentle music continues) This exercise is great too, because these two pens are so similar in color. The Tombow and the Koi Coloring Brush Pen, (pen lid clicks) but they're gonna leave different marks and the colors are gonna be slightly different, and you can compare them to see. (gentle music continues) (pens rattle) (gentle music continues) I think I've used all my colors. (pens rattle) (gentle music continues) (pen lid clicks) Just make sure. (gentle music continues) And then I'm just gonna look at it and make sure that it's, you know, looks the same size and that you can actually read it. (giggles) (gentle music continues) Sometimes you get so focused and so close to it that you're not seeing the big picture, so it's good to step back and reevaluate. (gentle music continues)

© CBTV and Creativebug Inc., 2026

(pen lid clicks) (gentle music continues) Maybe this is one color I didn't use, so I'll add that in a few places. It's such a fun way, these stacked marks, to learn about your pens and the different lines they make, the different marks, and the color combinations. (gentle music continues)

© CBTV and Creativebug Inc., 2026