

ACTIVITY

Attitude of Gratitude



Gratitude is about noticing the things you appreciate. Cut up the strips below and put them in a hat or bowl. Take turns drawing out a piece of paper and sharing aloud what comes to mind.

Something that makes you feel cozy

Something you like to eat

Something that makes you feel strong

Someone who makes you feel special

Something that makes you laugh

Something that makes a nice sound

Something you like to look at

Your favorite color

Somewhere you like to go

Your favorite place in the house

Something that makes you feel loved

Someone who takes care of you

Something that smells nice

Something you like to wear

Something that makes you feel safe

Something you are excited about

Something that you enjoy doing

Something you have been taught

Something you admire about someone else

Something new you want to do someday