Recognizing what you’re grateful for can have a big impact on your health and happiness.

OVERVIEW
This worksheet will guide you through creating a gratitude journal with your students. You’ll find sample prompts and a journal to make the activity a weekly practice.

OPENING QUESTIONS TO ASK
What is gratitude? What does it mean to be grateful? Why is it important to practice gratitude?

ACTIVITY
1. At the beginning of the week students are given a prompt to journal about that day or week.
2. Students come back together to discuss the question in a group setting or pairs.

SAMPLE PROMPTS
- What makes you happy?
- What/who makes your life easier?
- Who do you appreciate in your life?
- Where is your favorite place to be?
- What cheers you up on a tough day?
- What was something you had been putting off that you are happy you finally did?
- What are some recent wins that you’ve had?
- Write about a happy memory.
- What is something you are really looking forward to?