



In a jar, put little gratitude activities; each day, one student draws a word.



What do you do
when you feel sad?

When was the last time you
burst out laughing?

Name one person you trust.

Name three things that
made you happy today.





Name 3 of your qualities

When was the last time you thanked your mom or dad?

Name something you like to do outside.

Name a place where you feel safe?

Name someone you have recently helped.

Name someone you have congratulated. Why did you congratulate them?

Name something you like doing in the morning.

Is there someone you would like to apologize to or make up with?

Name someone you would like to encourage.

Name something that you did that was difficult for you.





What do you do
when you feel sad?

When was the last time you
burst out laughing?

Name one person you trust.

Name three things that
made you happy today.

It's your turn to give
a compliment to someone.

Who should you thank today?
Why will you thank them?

Name three things you do well.

Name three things
you love doing.

What did you do today
that mad you feel good
about yourself.

What makes you happiest?

