

5 Great **GRATITUDE ACTIVITIES** FOR STUDENTS

If you're looking for some simple activities to help students build a sense of gratitude both in and out of school, check out these five suggestions.

- 1. ESTABLISH A MORNING GRATITUDE ROUTINE**
Encourage your student to start each day by thinking of three things they are grateful for.



- 2. KEEP A GRATITUDE JOURNAL**
Write down things your student is grateful for to practice regularly showing and experiencing gratitude.

- 3. DO ONE KIND ACT A DAY**
Encourage your student to do one nice thing for someone else to cultivate feelings of altruism and improve social-emotional awareness.



- 4. GO ON A GRATITUDE WALK**
Head out for a walk with your student and take note of small details that you see, hear, smell, or experience and express gratitude for them verbally.

- 5. START A FAMILY GRATITUDE JAR**
As a family, write down whatever you feel grateful for over the course of the week and put the paper in a jar. Establish a time each week where you can share your grateful moments.



With the implementation of simple routines and activities, gratitude can easily become a habit that your family can practice all year long.