



Building Gratitude

Follow the instructions to complete the activity.

NAME

DATE

Consider how you can build gratitude by answering these questions using your own words and examples from your own life.

1. Why do you think gratitude is important?

2. What are you grateful for at home?

3. What are you grateful for at school?

4. What are you grateful for in your community?

5. How can you encourage gratitude in others?

