

50
REASONS TO BE
Grateful

a gratitude list to cultivate
joy



Thank You!

Thank you for downloading this resource!
I love creating tools that invite young people to voice and shape their authentic, strong, vulnerable, and brave selves. I hope that you and the young people you support enjoy this product. Please don't hesitate to contact me with any questions or concerns at:
wholeheartedschoolcounseling@gmail.com

JOY TO YOU!

Why Practice Gratitude...

As the research tells us, practicing gratitude is not only a positive mindful coping tool but it also helps us to cultivate joy and balance. Focusing on what we are thankful for increases feel-good emotions, helps us to be more present in the here and now, improves sleep, and can even strengthen our immune system, making us not only more emotionally healthy but physically healthy as well.

You May Also Like...

For a fun & engaging game that is all about gratitude, check out the Gratitude Card Game. This Positive Psychology Counseling Intervention tool is perfect for rapport-building and starting meaningful conversations. The prompts invite players to reflect on what is already working and good in their lives. Playing this game is also a great relationship-builder; helping new students in a class or members of a small group to get to know each other better, all the while focusing on the positive and feelings of joy and happiness. The Gratitude Card Game provides lots of fun for not only counseling groups, individual and family therapy sessions and classrooms, but also family-game night too.



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Name:

My Gratitude List



1. A strength of mine for which I am grateful for is
2. Something that money can't buy for which I am grateful for is
3. A person who makes me laugh for whom I am grateful for is
4. A relationship that I'm grateful for is
5. A personal characteristic of mine that I'm grateful for is
6. A moment that I am grateful for is
7. A historical figure I am grateful for is
8. Something that grows that am grateful for is
9. Something that helps me feel better that I am grateful for is
10. Something interesting that I am grateful for is
11. Something that happened this past week that I am grateful for is
12. Someone who listens to me for whom I am grateful for is
13. Something that I am looking forward to that I am grateful for is

Name:

My Gratitude List



14. I am grateful for my body because

15. A goal that I am grateful for is

16. I am grateful to know about

17. Something silly I am grateful for is

18. Something in nature I am grateful for is

19. A song I am grateful for is

20. A game I am grateful for is

21. A sound I am grateful for is

22. A taste I am grateful for is

23. A memory I am grateful for is

24. Foods I am grateful for are

25. A color I am grateful for is

26. A friend I am grateful for is

Name:

My Gratitude List



27. A book I am grateful for is

28. A talent of mine I am grateful for is

29. An emotion I am grateful for is

30. Technology I am grateful for is

31. A teacher I am grateful for is

32. I am grateful for my family because

33. I am grateful for my friends because

34. A movie I am grateful for is

35. Something that is quiet that I am grateful for is

36. A kind act I am grateful for is

37. I am grateful that I can

38. Something that happened today for which I am grateful for is

39. Someone who has helped me for whom I am grateful for is

Name:

My Gratitude List



40. An experience that I am grateful for is

41. Something that makes me smile that I am grateful for is

42. Something that I have accomplished that I am grateful for is

43. During spring I am grateful for

44. During the summer I am grateful for

45. During the fall I am grateful for

46. During the winter I am grateful for

47. Something that helps me feel strong that I am grateful for is

48. A gift I am grateful for is

49. A place I am grateful for is

50. A challenge I am grateful for is

You May Also Enjoy These Lessons...



STANDING UP TO PEER PRESSURE GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	BOUNDARIES & REFUSAL SKILLS Community-Building Lesson & Game			20
30				30
40	40	40	40	40

...HANDS-ON LEARNING THROUGH ROLE-PLAY, EMPATHY, IMAGINING, TAKING RISKS & TEAM WORK

STANDING UP TO BULLYING GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	BULLY PREVENTION Community-Building Lesson & Game			20
30				30
40	40	40	40	40

...HANDS-ON LEARNING THROUGH ROLE-PLAY, ART, IMAGINING, TAKING RISKS & TEAM WORK

your FANTASTIC ELASTIC BRAIN GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20				20
30				30
40	40	40	40	40

...HANDS-ON LEARNING THROUGH ROLE-PLAY, ART, IMAGINING, TAKING RISKS & TEAM WORK

Let's talk about FEELINGS GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20				20
30				30
40	40	40	40	40

...HANDS-ON LEARNING THROUGH ROLE-PLAY, EMPATHY, IMAGINING, TAKING RISKS & TEAM WORK

Mindfulness GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	LOW-PREP LESSON			20
30				30
40	40	40	40	40

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Coping Skills GAME SHOW!

ACT IT OUT	TRUE/FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20				20
30	NO-PREP LESSON!			30
40	40	40	40	40

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