



#FontanaTogether

Gratitude Prompt

Practicing gratitude cultivates joy and positivity, with feelings of empowerment on life. Focusing on what we appreciate is also a healthy coping skill for when times feel overwhelming and get tough.

Materials:

- Poster paper
- Makers
- Any arts supplies: glitter, magazines, paint, pictures.

We are going to talk about and list 10 things we are grateful for. Start by listing them on your poster! While we are thinking about these I would Like you guys to do this activity as a group or even by yourself.



1. A strength of mine for which I am grateful for...
2. Something money can't buy that I'm grateful for is...
3. Something that comforts me that I'm grateful for is...
4. Something that's funny for which I'm grateful for is...
5. Something in nature that I'm grateful for is...
6. A memory I'm grateful for is...
7. Something that changes that I'm grateful for is...
8. A challenge I'm grateful for is...
9. Something interesting that I'm grateful for is...
10. Something beautiful I'm grateful for is...



Reflection:

How did it make you feel after recalling all 10 things you are grateful for. We are able to reflect on things we are grateful for instead of events that are out of our control.



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1. A **strength**  of mine for which I am grateful is...
2. Something **money**  can't buy  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is... 
5. Something **in nature**  that I'm grateful for is...
6. **A memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...