

ABCs of Gratitude

How does it help students?

- Using the alphabet, students are challenged to identify 26 things they are grateful for.

What will we need?

- Paper/journal
- Writing utensil

How do we do it?

- Vertically list the 26 letters of the alphabet down the page.
- In random order, begin recording people, places, or things that you are grateful for next to each letter (D=Donuts). You might need to think creatively to identify things for the challenging letters like X and Z!

Additional Notes:

- This activity does not need to be completed all at once. A new idea for each letter can be added as time allows.

Source: Bergstrom, Chris. (2015). Mindfulness exercises for children: gratitude for happiness and health [web article]. Retrieved from <http://blissfulkids.com/mindfulness-exercises-for-children-gratitude-happiness-and-health/>