

## **Gratitude Chain**

### **How does it help students?**

- Each student may find peace and gratefulness in acknowledging what they are grateful for as individuals, and once assembled together the chain of gratitude can serve as a powerful symbol of positivity.

### **What will we need?**

- Approximately 8" x 2" strips of colored paper
- Markers
- Tape

### **How do we do it?**

- Use a marker to record on a strip of paper one thing you are grateful for today. It could be a person, a place, an object, a feeling, or a memory.
- Loop your strip of paper through a classmate's and use a piece of tape to affix the ends of the strip.

### **Additional Notes:**

- A powerful and more public approach to this activity would be to have students stand in a circle and verbally share what they are grateful for as they interloop their strips of paper to create the gratitude chain.

**Source:** Zakrzewski, V. (2013). Gratitude activities for the classroom. *Greater Good Magazine*. Retrieved from <https://greatergood.berkeley.edu>