

Gratitude Letter

How does it help students?

- Students are able to reflect on people that have made a positive difference in their lives, and then can spread the joy by sharing their letters.

What will we need?

- Paper
- Writing utensil

How do we do it?

- Consider who has been a positive influence in your life? Who has helped you to become a better person or simply has made you happy? Write a letter to thank that person and express how grateful you are to have them in your life.

Additional Notes:

- Soft piano music nicely accompanies this activity.

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