

GRATITUDE

ACTIVITIES



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GRATITUDE SLIPS

Pass a slip along to someone else to share your gratitude!



Thank you for helping me.

I'm grateful for who you are.

I appreciate what you did for me today.

Thanks for being extra kind to me.

I'm thankful for your sense of humor.

Thank you for all you have done for me.

Thanks for making me smile today.

I just wanted to say thanks for everything.

Thank you for listening to me.

Thanks for...



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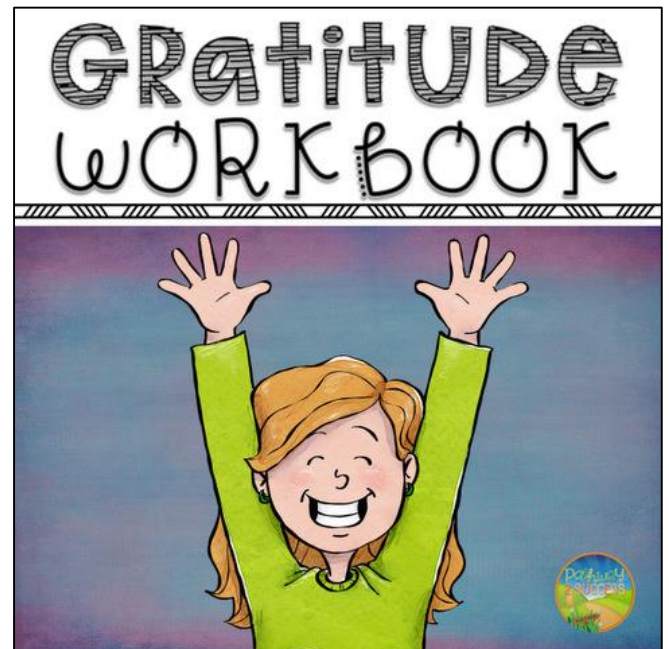
Practicing gratitude means taking the time to reflect on the things we are really grateful for. This includes the big things in life, like our family and friends, and even the smaller nuances, like music or your favorite shirt. Research shows that developing a stronger sense of gratitude can help encourage more positive emotions, promote a sense of kindness and community, increase quality of sleep, and develop an overall sense of happiness.

In many ways, it just makes sense. If you focus on the positive things in life, you are more likely to feel happy. In turn, you will return that happiness by being kind to others. It really becomes a cycle of kindness and happiness, which only encourages a positive climate in your classroom.

While focusing on gratitude is great for all students, it can be especially beneficial for kids with special needs or emotional struggles. This includes kids struggling with anxiety, depression, anger, and other behavioral issues. By focusing on the positive, kids can build their own self-esteem over time.

Materials can be used by regular education teachers, special education teachers, and support professionals aiming to promote a positive self of well-being for their students.

If you enjoy this freebie,
consider purchasing the full
[Gratitude Workbook!](#)



Name: _____

Date: _____

What is GRATITUDE?

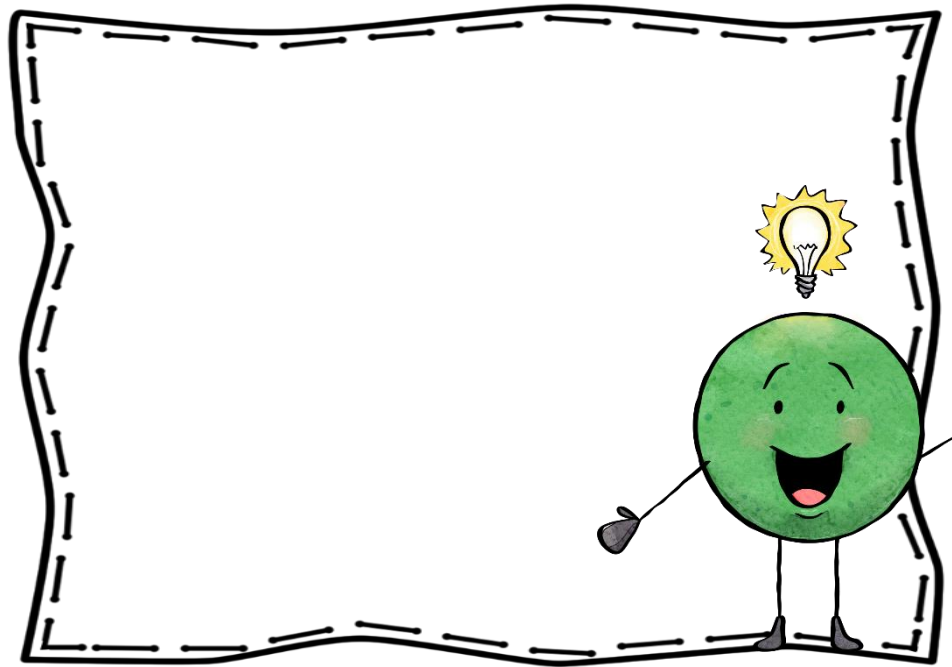


Gratitude means feeling thankful and appreciative for what you already have. By recognizing what we are grateful for, we can multiply our happiness and well-being. In some ways, it's just common sense. By focusing on the positive things in your life, you end up feeling better.

Gratitude isn't just being thankful for the big things in your life, though. It's about learning to notice all the little things that happen that you can be happy about, too.



Let's practice. Make a quick list of at least 3 things that you are thankful for today:



How do you think being grateful more often can help to improve your life?

Name: _____

Date: _____

GRATITUDE a to z!



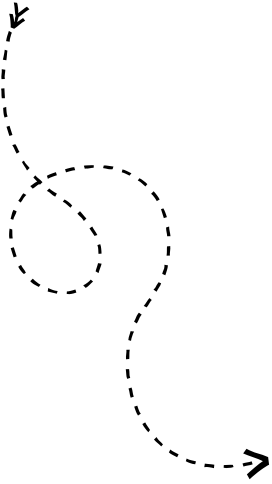
Use every letter of the alphabet to think of something you are grateful for!

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

GRATITUDE SLIPS



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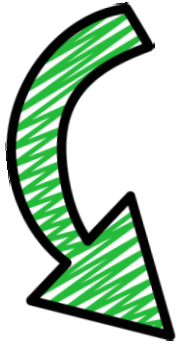
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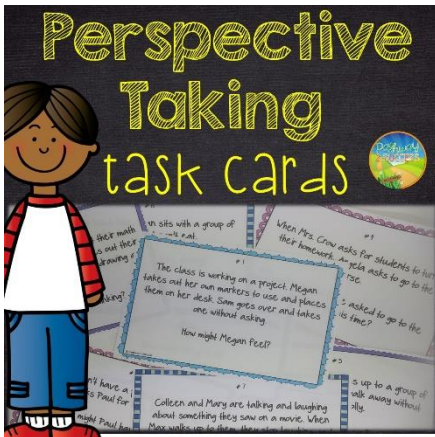
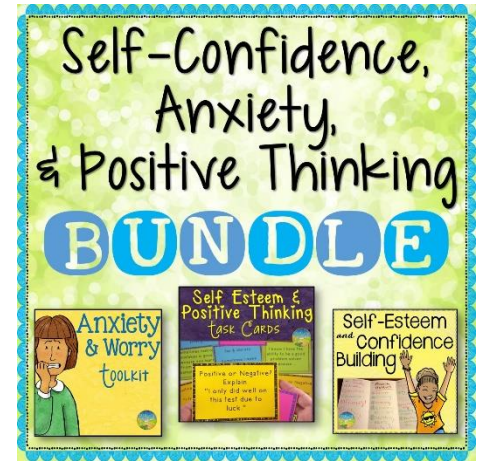
Thank you for listening to me.

Thanks for being there for me.

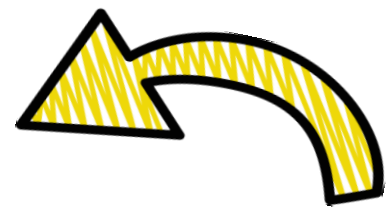
MORE Social & Emotional Resources!



Build confidence, encourage positive thinking, and reduce anxiety.



Lessons, worksheets, task cards, and practice to teach the necessary skills kids need.



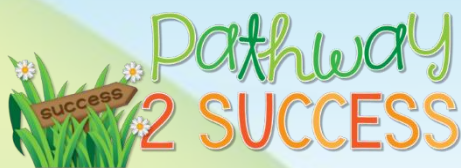
Click here to check out all of my social and emotional materials!

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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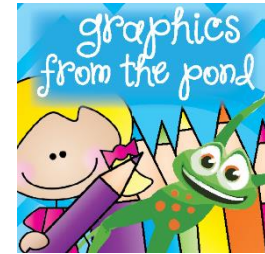
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Teachers Resource Force



Glitter Meets Glue



Mae Hates Mondays

Teacher Karma



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