

Gratitude Search

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Encourage kids to practice looking for one person or thing that inspires gratitude each week. Use these prompts or create your own in the blank boxes. Invite kids to write or doodle their responses.

Something or someone that makes me happy

Something or someone that reminds me of people I love

Something or someone that makes me laugh

Something or someone that makes my life better

Something that I enjoy doing with other people

Something or someone I like more than I thought I would

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Encourage kids to practice looking for one person or thing that inspires gratitude each week. Use these prompts or create your own in the blank boxes. Invite kids to write or doodle their responses.

**Something or someone that I
could not live without**

**Someone that helps or supports
me, even when I don't ask**

**Something that reminds me
of a happy memory**

**Something that makes me
appreciative of what I have that
other people might not have**