

Gratitude Conversation Cards

To become more thankful, kids need to practice noticing and talking about what they are thankful for. Hearing adults talk about what they are thankful for is important, too. Use these prompts or write your own on the next page.

**Who is one person who makes your life better?
How?**

How has someone helped you recently and how did that make you feel?

**Name something you have that you are thankful for.
Why are you thankful for it?**

Think of something fun you did recently. What did other people do to make that fun thing possible?

Who do you think is thankful for you, and why?

Name something about each other that you are thankful for and why.

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