

# Gratitude Search

Encourage kids to practice looking for one person or thing that inspires gratitude each week using these prompts.



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



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