



High School

Name: _____

Date: _____

Gratitude

List three things that you feel grateful for:

1. _____
2. _____
3. _____

Brainstorm ways that you can show your appreciation for the three things you listed:

Pick one and use the paper and colored pencils provided to make hand-made cards or letters if you'd like. When you're done, make sure to follow through on this activity by delivering the notes to the recipient.