

Gratitude Moments: Talking, Feeling, Growing



THE FIVE SENSES OF GRATITUDE

Ask the child:

“What can you see, hear, touch, smell, and taste that you’re thankful for today?”

Write or draw one for each sense:

- I see: a rainbow
- I hear: my dog barking
- I feel: my soft blanket
- I smell: pancakes
- I taste: strawberries!



THANK YOU DRAWING BOX

Invite the child to draw a picture for someone they appreciate like a friend, teacher or sibling.

Help them write a simple “Thank you” note to go with it.



GRATITUDE WEATHER REPORT

Ask:

“If your day was the weather, what would it be? Sunny? Cloudy? Stormy?”

Then ask:

“What’s one little thing that brought sunshine today?”



THE GRATITUDE TREASURE BOX

The Gratitude Treasure Box

Create a box or jar together. Every day (or week), write or draw something to put inside:

- A picture of grandma
- A leaf from a walk
- A note that says: “I’m grateful for my teacher”

At the end of the week/month, open it together and reflect.



GRATITUDE CHAT AT MEALTIME OR BEDTIME

Start a daily habit:

“What was one thing that made you smile today?”

“What are you grateful for right now?”
Keep it light and playful. No pressure to go deep — the habit itself is the lesson.

