

In this activity, you can help students notice the good things in their lives. This activity has been adapted from the free Mind Yeti session [“Hello Gratitude”](#) and is intended for children in Grades K–5.

Activity

Instructions

(Optional: Share the image below with your class.)

1. Say: **Let’s take a moment to notice the good things in life and say thank you for them. Think about something that brought you happiness this week.**
2. Give examples: **Maybe you had a favorite food, or heard a song you love, or had fun playing with a friend. Maybe a dog wagged its tail when it saw you. It can be something simple, like a joke that made you laugh.**
3. Say: **For a moment, just remember that happy thing. Notice how you feel when you think about it.**

Give students 15–30 seconds to think about what they’re thankful for.

Now, silently say thank you.

Notice how it feels to say thank you.

Give students 10–20 seconds with their thoughts.

4. Say: **You can feel gratitude for big things and little things. It’s easy to forget the little things that make us feel happy every day.**

“Gratitude
IS NOTICING THE
Good Things
in life and saying
Thank
YOU for them.”

—Mind Yeti, “Hello Gratitude”



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