



WHAT ARE YOU THANKFUL FOR?



Skills Targeted:

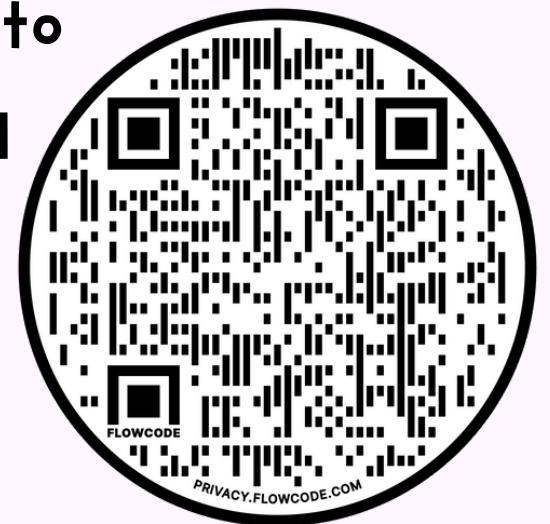
- Cultivating gratitude
- Noticing positives around you
- Saying thank you
- Taking turns

Dialogic Questions:

- What are you thankful for?
- I am thankful for _____. (fill in the blank)
- How do you feel when you feel thankful?

Other Activities:

- Draw pictures of what you are thankful for
- Sing a thank you phrase during everyday activities to call attention to being thankful (e.g., I am thankful for your help; I am thankful for coffee)
- Take turns sharing what you are thankful for



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