



American  
Heart  
Association.

# I'm Grateful For...

**Recognizing what you're grateful for can have a big impact on your health and happiness.**

## OVERVIEW

This worksheet will guide you through creating a gratitude journal with your students. You'll find sample prompts and a journal to make the activity a weekly practice.

## OPENING QUESTIONS TO ASK

What is gratitude? What does it mean to be grateful? Why is it important to practice gratitude?

## ACTIVITY

1. At the beginning of the week students are given a prompt to journal about that day or week.
2. Students come back together to discuss the question in a group setting or pairs.



## SAMPLE PROMPTS

- What makes you happy?
- What/who makes your life easier?
- Who do you appreciate in your life?
- Where is your favorite place to be?
- What cheers you up on a tough day?
- What was something you had been putting off that you are happy you finally did?
- What are some recent wins that you've had?
- Write about a happy memory.
- What is something you are really looking forward to?

