

## **Gratitude – Writing or Speaking Activity**

**What it is:** It's a speaking or writing reflection activity, a great way to develop grateful hearts because it goes beyond the typical "Name one thing you're grateful for this year."

**What you need:** You'll need slips of paper with different items you can be grateful for written down on them.

**How to play:** Students are given one card with different items we can be grateful for written on them. These can include things like *family, home, food, sunshine* and some that are more specific (like a *random act of kindness*). Go around the class and have each student tell or write a story or explain the time they were most grateful for the item on their card.

You could have students randomly draw a card. One thing to be aware of is that some of the topics could be sensitive or difficult for some, so allowing trading is always a fine idea.

The stories can be longer or shorter; they might just be a few words. It's really a great activity that leaves everyone feeling grateful for the blessings we do have, because often the time when we were most grateful for something is the time we didn't have it. There's something about hearing others' stories or grateful experiences that is very powerful.

If you want an example, let's say a student were given the card *food*. A student might tell about the time when she was in school and very hungry because she hadn't taken any food from home (for whatever reason). Then a friend noticed that she wasn't eating and offered to share her sandwich. The food tasted so good, and she was so grateful to have food to eat. The experiences can be as simple as that.