



Gratitude Conversation Starters

1. Is it hard to feel thankful some days? What makes it hard? What can we do to remind ourselves to feel thankful even when it's hard?
2. How can you show others you are thankful for them?
3. How do you feel after you show someone you are thankful for them?
4. Think of a time when you felt thankful. Why were you thankful? How do you feel after thinking about things you're thankful for?
5. What are some ways you can make your gratitude more meaningful than simply saying "thank you"?
6. Who did you help today?
7. Who helped you today?
8. Did you thank someone today? Why did you thank them?
9. Who are some people in your life that you might forget to thank. Why are you thankful for these people? Can you make a plan to thank them?
10. What made you smile or laugh today?
11. What made you feel calm today?
12. What made you feel excited today?
13. What are you looking forward to about tomorrow?
14. What are you thankful for about our planet? What is your favorite thing about spending time outdoors?
15. What are you thankful for about school? Who are the people at your school who work hard to help you learn?
16. Do you feel thankful for animals? What makes animals interesting to you?
17. What is the best thing you tasted today? Who worked to give you that food?
18. What is something you are thankful you know how to do?
19. What is the difference between what you want and what you need? Sometimes it's easier to feel thankful when you get the things you want. How can you remember to feel thankful when you get the things you need?