My Thank You Moment

Gratitude has four parts: notice it, think about it, feel it, then show it.

Name: _____ Date: _____



1. Notice

Notice: Something good that happened or that I have. Small things count.

Examples: A friend saved me a seat · Dad made my favorite lunch · My teacher helped me fix a mistake



2. Think

Think: Who helped make it happen? Did they have to? What did it cost them (time, effort, money)?



3. Feel

Feel: How do I feel inside when I think about it?

○ happy ○ warm ○ lucky ○ proud ○ calm ○ surprised ○ cared for ○ loved



4. Do

Do: How can I show thanks? Say it, write it, draw it, or do something kind back.

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My Gratitude Journal

Two or three entries a week is plenty. Try to write something new each time.

Name: _____ **Week of:** _____

1

Day: _____

Something good: _____

_____

Who or what made it happen: _____

It mattered to me because: _____

2

Day: _____

Something good: _____

_____

Who or what made it happen: _____

It mattered to me because: _____

3

Day: _____

Something good: _____

_____

Who or what made it happen: _____

It mattered to me because: _____

4

Day: _____

Something good: _____

_____

Who or what made it happen: _____

It mattered to me because: _____

5

Day: _____

Something good: _____

_____

Who or what made it happen: _____

It mattered to me because: _____

Look back at my week

My favorite entry this week was _____

One person I want to thank is _____

One way I will thank them: _____

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Thank You Note and Gratitude Cards

Write a real thank you to a real person. Use the cards at the table, in class or in group.

A thank you note

Dear _____

Thank you for _____

_____

It helped me because _____

_____

It showed me that you _____

_____

Next time I see you, I want to _____

_____

From, _____

Gratitude talk cards: cut along the dashed lines

Who helped you today, even in a small way?	What is something you use every day that someone else made?	What made you smile this week?
Who is someone you have never thanked?	What is a place you are glad you get to go?	What is a skill someone taught you?
What is something in nature you are glad for?	Who makes you feel safe?	What was hard this week, and who helped?
What is a favorite food, and who makes it?	What is something about you that you are glad for?	How could you say thank you to someone tomorrow?

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