

In this activity, you can help students understand why and how they can be thankful for big things and little things in their lives. This activity is based on a quote from the free Mind Yeti* session [“Hello Gratitude”](#): “You can feel gratitude for big things and for little things.”

Activity

Instructions

(Optional: Print out [this](#) image to share with your class.)

1. Say: **What is something big you’re grateful for? Why?**
2. Give examples and write responses on the board or on a sheet of paper. Post and share them throughout the month or just keep them as a reminder.

Examples of big things can be:

- Your family
- Your friends
- Your home

3. Say: **What is something little you’re grateful for? Why?**
4. Give examples and write responses on the board or on a sheet of paper. Post and share them throughout the month or just keep them as a reminder.

Examples of little things can be:

- Cuddles from your dog or cat
- When your parents or teachers surprise you with something that makes you happy

*[Mind Yeti](#) is a research-based mindfulness app created by [Committee for Children](#)—a leader in [social-emotional learning](#) (SEL), [bullying prevention](#), and [child protection](#).