

In this activity, you can help students notice the good things in their lives. This activity has been adapted from the free Mind Yeti\* session [“Hello Gratitude”](#) and is intended for children in Grades K–5.

### Activity

#### Instructions

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

1. Say: **Let’s take a moment to notice the good things in life and say thank you for them. Think about something that brought you happiness this week.**
2. Give examples: **Maybe you had a favorite food, or heard a song you love, or had fun playing with a friend. Maybe a dog wagged its tail when it saw you. It can be something simple, like a joke that made you laugh.**
3. Say: **For a moment, just remember that happy thing. Notice how you feel when you think about it.**

Give students 15–30 seconds to think about what they’re thankful for.

**Now, silently say thank you.**

**Notice how it feels to say thank you.**

Give students 10–20 seconds with their thoughts.

4. Say: **You can feel gratitude for big things and little things. It’s easy to forget the little things that make us feel happy every day.**

\* Mind Yeti is not accepting new users at this time.