

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