

PROMPTS FOR CONVERSATIONS ABOUT GRATITUDE

1. What is something you enjoyed doing today?
2. What do you like about (insert friend's name)?
3. How can we show appreciation to (anyone) here?
4. Do you know how (bring focus to something that you worked hard for) ?
5. When I was little (discuss how children today benefit in ways that you hadn't).
6. What is something that happened today that you wish had not? (talk about what should have happened instead)
7. Think of three things you are grateful for.
8. What do you love about yourself?
9. While traveling ask the kids what they miss about home.
10. What is something bad that happened today that you made better?