

# THE *Counseling* CONNECTION

St. Hilary School  
Mrs. Eldred and Mrs. Parisi

## Practicing Gratitude this Thanksgiving (and beyond)... A List of Gratitude Prompts

- What can you do today that you couldn't yesterday?
- What is something that makes you smile?
- Who was kind to you today?
- What is something that made you happy today?
- Name one little blessing you received today.
- What is a quality that you are thankful you have?
- Name a place you love going to.
- What is a challenge you have overcome?
- Name something new you learned.
- What is something you enjoy doing?
- "I am glad I live in a world with \_\_\_\_"
- Who is a person that you are glad is in your life?
- Where did you see God at work today?
- Tell me about negative experience that turned out to be a blessing.
- Who helped you and who did you help today?
- What are you most thankful for today?

## November's Focus: Gratitude

Research shows that grateful children report more satisfaction in school, with friends and family and are able to give more social support to others (Journal of School Psychology)



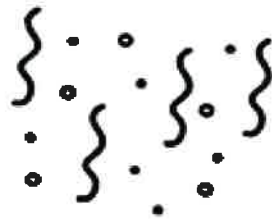
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## MAKE A GRATITUDE DICE

Cut and glue your cube. Roll the dice and take turns answering the questions.

Play everyday.

What are you looking forward to?



Gratitude means taking time to notice the things that are good in life.

What's the kindest thing someone has done for you recently?



What made you laugh today?



What's the most beautiful thing you saw today?



Who have you enjoyed being around?



Practicing gratitude can make you happier

What's the best thing that's happened so far today?



Play alone or with someone you trust.