



ACTIVITY

Create a gratitude garden! Invite students to create a list of the many things there are to be grateful for. Remind students that there are so many little things to be grateful for all around us (fuzzy socks, sunshine, warm breezes, singing birds, quiet in nature, laughter, games, etc).

If you'd like, you can use the following gratitude prompts to help get them going.

- **Gratitude prompts**

I'm grateful for three things that I can hear:

I'm grateful for three things that I can see:

I'm grateful for three things that I can smell:

I'm grateful for three things that I can touch/feel:

I'm grateful for these three things that I can taste:

I'm grateful for these three things that I use every day:

I'm grateful for these three creatures:

I'm grateful for these three classmates:

I'm grateful for these three adults in my life:

I'm grateful for these three things that make me laugh:

I'm grateful for these three things that are in my home:

I'm grateful for these three things I enjoy in nature:

Once they've created their list, have students select 5-7 things that they are most grateful for and write each of them down on the petal templates with the words ***I'm grateful for*** on the flower centre template.

You might offer students petals photocopied on coloured paper or have students colour the petals themselves or have them cut the petals out of construction paper. Feel free to make petals of different sizes as well to accommodate different sized writing!

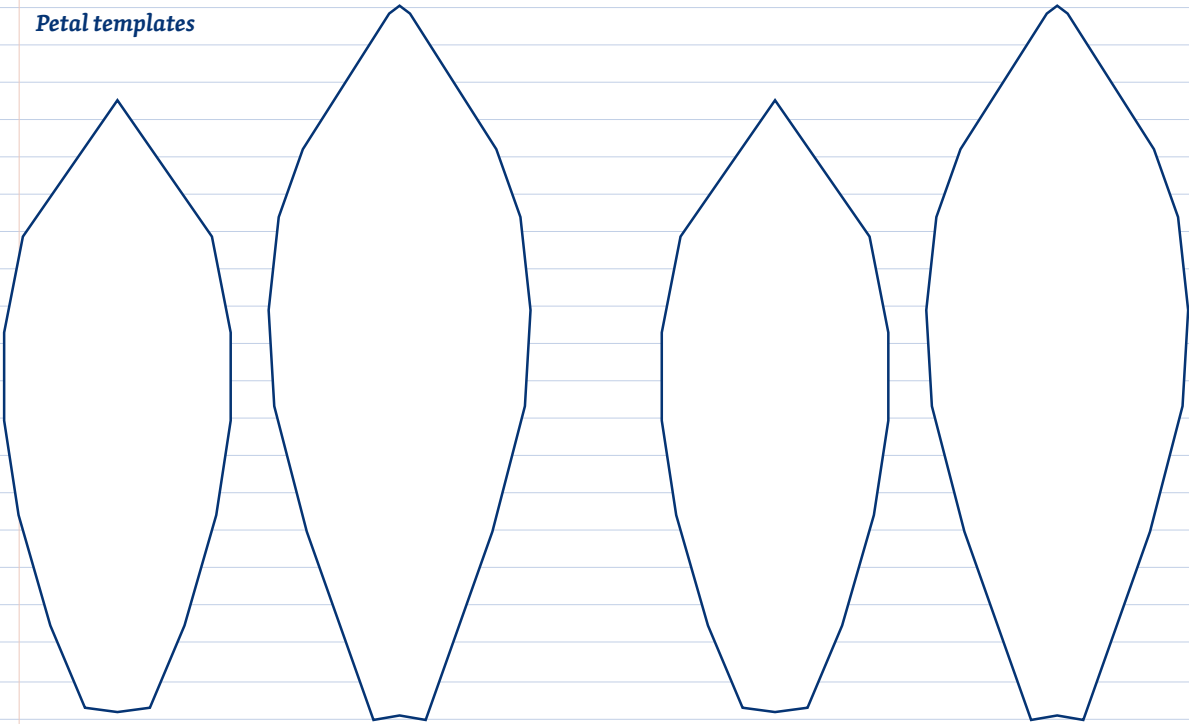
Glue or tape the petals to the centre to make a flower and use all the flowers to create a **gratitude garden** on your classroom bulletin board!



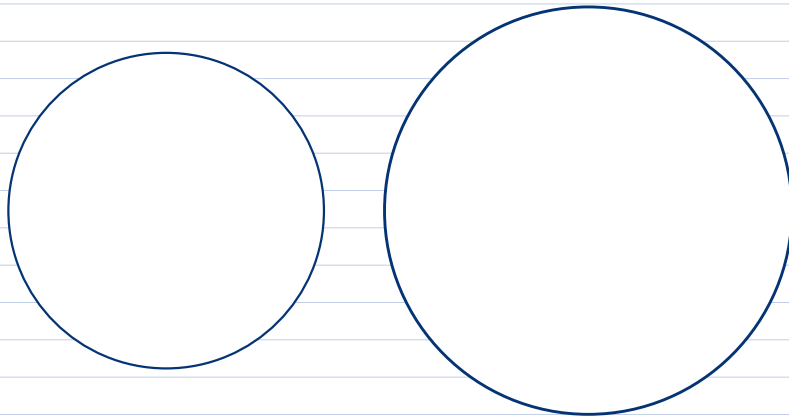


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Petal templates



Flower centre





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Rounded petals

