

Gratitude Exercise

Gratitude: the quality or feeling of being grateful or thankful.

Materials:

- Pen
- This worksheet

Instructions:

1. Sit by yourself so you can work independently.
2. Reflect on recent and past events and people who have given you experiences for which you feel gratitude. List several of these experiences below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Now that you have developed a list of things or people for which you experience gratitude, write about the experience below. If you're comfortable doing so, you can also use social media to share one of your experiences:



The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Maryland Department of Health - Maryland Behavioral Health Administration. The Campaign goal, with community and school champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit www.ChildrensMentalHealthMatters.org



Center for School Mental Health
Special thanks to the Center for School Mental Health for their help in compiling these