

Name: _____

Date: _____



Gratitude List



Write a list of all the things in your life that make you happy. See how long you can make your list — the longer, the better!

**List important and silly things you're grateful for. Some examples might be:
Your family, lollies/candy, your favourite place to go on holiday, your dog, cat, guinea pig, baseball, dance, figure skating, soccer...**