

Gratitude Prompts

How to use this poster:

This gratitude activity can be used during a brain break, a mindfulness session or just to refocus the mind and body on a busy day.

You can use coloured sweets, a randomiser online or coloured ice block sticks to choose a colour to supply the prompt for the day.

It might be useful for students to have somewhere that they write their gratitudes down, either online or in books or gratitude journals, to keep it all in one place to look back on.