

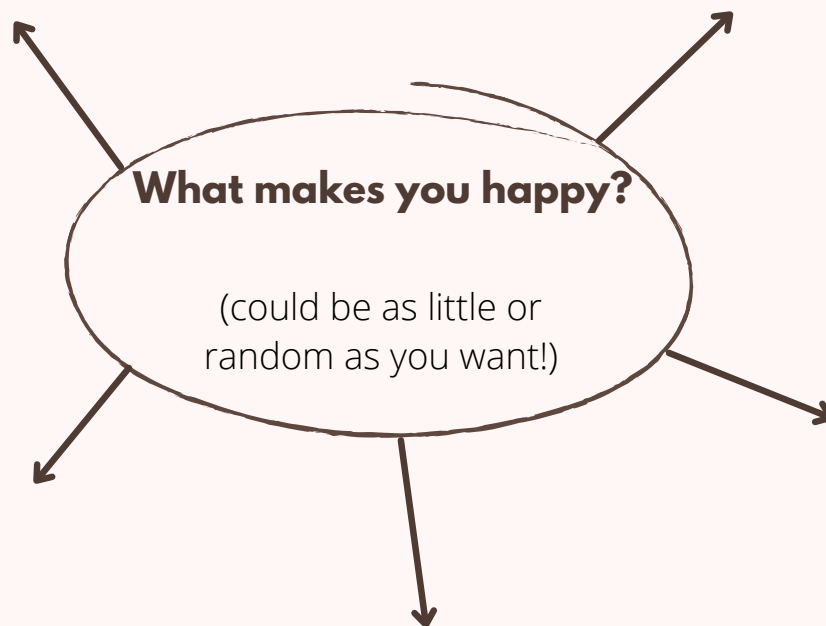
Gratitude Worksheet

Primary

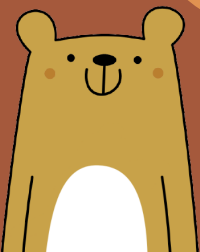
GROUND RULES

- This is your worksheet so don't feel pressured to share anything on it.
- To get the most out of this exercise be honest with your answers
- Gratitude is in no way a cure for mental illnesses however it can help to get rid of negative thoughts.

TASK 1



"I like watching videos"



"Skateboarding makes me happy!"



TASK 2

Think of one kind thing someone has done for me?

It's healthy for us to sometimes reflect on both good and bad past experiences as they shape our current lives (as long as they are not upsetting). Understanding how these moments and experiences affected/helped us is important for growth and future you.

TASK 3

Gratitude questions

- What am I thankful for?
- What activities (hobbies, events, etc.) am I grateful for?
- What's something that made you happy recently?
- What's something you're looking forward to in the future?
- How do your friends and/or family members show they care about you?
- What's one thing you like about yourself?