


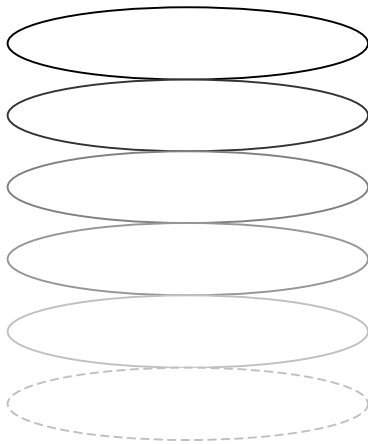
# My gratitude list

**Gratitude means feeling thankful.**  
People who show gratitude are happier.



**Think about the good things in your life.  
What are you thankful for?**

- ① This shape  is an *oval*.  
How old are you? Draw one oval for each year.



Need more space?  
Use the back  
of the paper.



- ② What are you thankful for **now**?  
Write one thing in each oval.



**Ideas:** • family • friends  
• things you do • special events  
• important things in your life

- ③ Work with a partner.

Look at your partner's paper.  
Ask about the most interesting things.  
Partner, give **l-o-n-g** answers.

- *What does this mean?*
- *My mom makes my lunch everyday.  
I'm thankful for (that) because...*
- *Tell me about \_\_\_\_\_?*
- *I'm grateful for summer break ...*

⚙️ **Try this-** Every year on your birthday,  
make a list like this.  
Your gratitude will grow.

Language focus: describing people, events and things, past & present  
Positive psychology focus: gratitude, remembering good things

Based on an idea from: *A Whole New Mind*  
by Daniel H. Pink, 2005. Riverhead Books  
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