

Write about the best thing that happened today

Write about your favourite things about school

Go for a walk and write about each thing you pass that you are thankful for

Write about how you can spread gratitude and love

Write about someone you are grateful for and why

GRATITUDE WRITING PROMPTS

Write about what brings you happiness

Write about your favourite things about Lethbridge

Write about someone you have never met that you are grateful for

Write a thank you card to yourself. What are you thankful for

Write all about your favourite memory

"EACH DAY, EACH SEASON, EACH CYCLE OFFERS SOMETHING OF BEAUTY. LET US NOTICE AND GIVE THANKS."

-DIANE MARTECHILD