

Gratitude Weekly Activity Planner

Strategy	Day of week
<p>1. Share with a buddy: Have students share their feelings of gratitude with a partner.</p>	<p>Monday: _____ Tweak:</p>
<p>2. Use a journal: Have students write their feelings of gratitude in a gratitude journal.</p>	<p>Tuesday: _____ Tweak:</p>
<p>3. Start small: Have students share just one small thing (in detail) that they are grateful for with a peer.</p>	<p>Wednesday: _____ Tweak:</p>
<p>4. Share in a circle: Have students share in a small circle. After each speaks, others thank him or her.</p>	<p>Thursday: _____ Tweak:</p>
<p>5. Make a poster: Have students work with a partner or a small team to create a poster.</p>	<p>Friday: _____ Tweak:</p>