

Gratitude Writing Activity

Directions:

- Think about someone who has made a positive difference in your life.
- This could be a family member, friend, coworker, classmate, partner, etc.
- Now write a letter thanking them for the positive impact they have made on you.
- Describe what they did and how that has improved your life.
- Encourage students to actually send the letter to the person if they feel comfortable.

