

# Playground for Life

## Gratefulness Worksheet

Gratefulness to me means

In my family, we expressed being grateful in this way

Growing up, I learned this about showing gratitude

I wish I was more grateful for

If I did, then

If I could, I would thank these people for

I enjoy when people express their gratitude in this way

My favorite way of showing gratitude is

I am most thankful for

