



## 13 Ways to Cultivate Gratitude in Your Classroom

Research shows that grateful people are happier and healthier. Here are some easy ways to cultivate gratitude in your classroom all year long.

1. Keep a stack of these [Gratitude Cards](#) on your desk. Encourage students to fill one out and deliver it whenever they feel thankful for someone.
2. Play Gratitude BINGO. Download these [printable BINGO Cards](#) and [instructions for playing](#). The BINGO Cards are an interactive PDF, so you can type on them before printing if you wish.
3. Keep a class Gratitude Journal. At the end of each day, ask students what they were thankful for that day. Write their thoughts in the journal. Encourage the students to think of things specific to the day, and ask them to try not to repeat things from previous days. This practice will help them notice that there are new things to be thankful for each day.
4. Download this [Gratitude Scavenger Hunt](#) and have students complete this activity. Design your own scavenger hunt using this [interactive PDF](#) with different items, so you can play as much as you'd like.
5. Use this [Gratitude Leaf Template](#) to decorate your classroom with a Gratitude Tree.
6. Take a Gratitude Walk. Walk outdoors with your students, and have each student carry a notebook and pen. Ask your students be quiet during the walk. Have them notice and write down what feels good and what they appreciate about being outdoors. After the walk, ask them to elaborate, either verbally or in writing, on what they wrote down.
7. Choose books from this [Gratitude Book List](#) to recommend for the school library or to read aloud to your class.
8. Use these [Gratitude Conversation Starters](#) to reflect on gratitude together as a class.
9. Do a daily Gratitude Meditation. Have students close their eyes and think about the word "thankful" for a quiet minute each day. When they open their eyes, have them write down, tell you, or simply reflect for a moment on the things that came to mind.
10. Have students write what they're thankful for on little slips of paper. Have students put the papers in a jar at the front of the classroom or add them to a bulletin board.
11. Be a role model. Offer your own reflections whenever you feel thankful for something.
12. Take pictures of the things your students are grateful for. Print the pictures to make a Gratitude Collage to display in your classroom.
13. Check out [Read Naturally's blog](#) for additional literacy-boosting ways to cultivate gratitude.