Activity: Expressing Gratitude

Time: 5 minutes

Materials: Scratch paper, pen/pencil

1. Each individual writes down a list of at least 5 people they are grateful for—they could be family, friends, partners, professors, or co-workers.
2. Each individual writes down a few sentences next to each name about why they are grateful for each person.
3. Each individual shares their lists and reasons with the group.
4. Each individual is encouraged to tell each person on their list why they are grateful for them the next time they see them—if the person lives far away, send a letter or postcard.
5. The group is encouraged to check in with each other to ensure they have let each person on their list know their importance in the world.