

Mindfulness Strategies: Gratitude Challenge

Use the Gratitude Tracker below to identify 5 things you are grateful for 3 days in a row.

Gratitude tracking involves intentionally reflecting on the things we're grateful for each day and documenting them in a journal or digital app. By regularly recording moments of gratitude, we can teach our students to cultivate a positive, growth mindset of appreciation.

DAY 1	<div>1. _____</div> <div>2. _____</div> <div>3. _____</div> <div>4. _____</div> <div>5. _____</div>
DAY 2	<div>1. _____</div> <div>2. _____</div> <div>3. _____</div> <div>4. _____</div> <div>5. _____</div>
DAY 3	<div>1. _____</div> <div>2. _____</div> <div>3. _____</div> <div>4. _____</div> <div>5. _____</div>

