

# Gratitude Exercise

**Gratitude:** the quality or feeling of being grateful or thankful.

**Materials:**

- Pen
- This worksheet

**Instructions:**

1. Sit by yourself so you can work independently.
2. Reflect on recent and past events and people who have given you experiences for which you feel gratitude. List several of these experiences below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Now that you have developed a list of things or people for which you experience gratitude, write about the experience below. If you're comfortable doing so, you can also use social media to share one of your experiences:

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The Children's Mental Health Matters! Campaign is a collaboration of the Mental Health Association of Maryland (MHAMD) and the Maryland Coalition of Families (MCF) with support from the Department of Health and Mental Hygiene - Maryland Behavioral Health Administration. The Campaign goal, with over 300 community and school champions across the state, is to raise public awareness of the importance of children's mental health. For more information, please visit [www.ChildrensMentalHealthMatters.org](http://www.ChildrensMentalHealthMatters.org)



Center for School Mental Health  
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