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Gratitude Prompts for the Classroom

Middle School & High School Students

These prompts can be used for morning journals, bell ringers, advisory, SEL activities, classroom discussions, or exit tickets. Students can write for 3–5 minutes per prompt.

A note for educators

Gratitude does not mean that everything in life must be positive. Students should feel comfortable choosing what they want to share, keeping their reflections private, or selecting another prompt when a question feels too personal.

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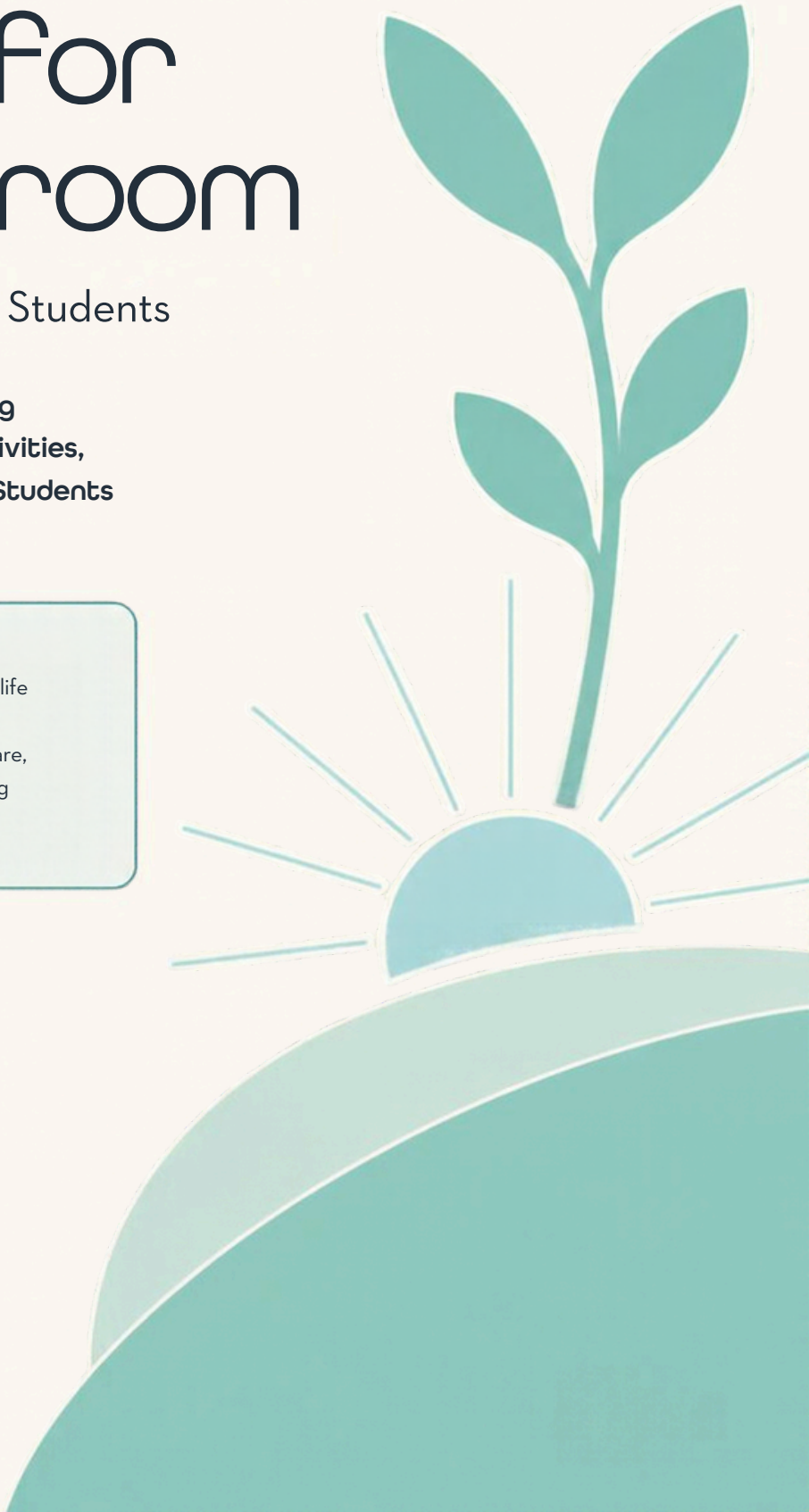

1. Daily Gratitude Prompts

1. What is one small thing that made you smile today?
2. What is something you are looking forward to?
3. What is one good thing happening in your life right now?
4. What is something you use every day that you are grateful to have?
5. What is one moment this week that made you happy?
6. What is something that helps you feel calm or relaxed?
7. What is one thing you appreciate about your daily routine?
8. What is something beautiful you noticed recently?
9. What is one thing you sometimes take for granted?
10. If you could relive one happy moment, which would you choose?

2. Self-Gratitude and Personal Growth

1. What is one thing you like about yourself?
2. What is a personal strength you are grateful for?
3. What is something you have worked hard to accomplish?
4. What is something you can do now that used to be difficult?
5. What is one challenge that taught you an important lesson?
6. What is something you are proud of yourself for?

2. Self-Gratitude and Personal Growth (cont.)

7. What is one mistake that helped you grow?
8. What is something unique about you that you appreciate?
9. How have you grown as a person this year?
10. What would your younger self be proud of you for?
11. What is one thing you want to thank yourself for?
12. What is something new you would like to learn about yourself?

3. Gratitude for Others

1. Who has made your life better recently, and how?
2. What is something kind someone has done for you?
3. Who makes you feel accepted or understood?
4. What quality do you appreciate most in a friend?
5. Who has encouraged you when you needed support?
6. What is something you appreciate about your family or chosen support system?
7. What is something a teacher, coach, or mentor has taught you?
8. Who makes you laugh, and what do you appreciate about them?
9. What is one way someone has helped you without expecting anything in return?
10. If you could thank one person today, who would it be and why?
11. What is something you appreciate about your classmates?
12. How can you make someone feel appreciated this week?

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4. School and Classroom Gratitude

1. What is one thing you appreciate about our classroom?
2. What is something interesting you have learned recently?
3. What is one opportunity at school that you are grateful for?
4. What helps you feel successful as a student?
5. What is something a classmate did that made your day better?
6. What is one thing you appreciate about a teacher or school staff member?
7. What is something you learned from a difficult assignment?
8. What is one school activity or experience you have enjoyed?
9. What is something you appreciate about having the opportunity to learn?
10. How can you help make our classroom more welcoming?
11. What is one thing about your school community that makes a difference?
12. What is something you are looking forward to learning?

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5. Deeper Reflection Prompts

1. Can you be grateful for something even when life is difficult? Explain.
2. What is something you appreciate more now than you did in the past?
3. How can gratitude change the way you view a challenging day?
4. What is a lesson you learned from a disappointment?
5. How can you recognize the good in your life without ignoring the hard parts?
6. What does gratitude mean to you?

5. Deeper Reflection Prompts

7. Why is it sometimes difficult to appreciate what we have?
8. How can comparing yourself to others make gratitude more difficult?
9. What experience has changed your perspective on life?
10. What does it mean to live a grateful life?
11. How can showing gratitude strengthen relationships?
12. What is something about your life you hope you never stop appreciating?

6. Fun and Creative Gratitude Prompts

1. If today were a gift, what would be inside?
2. What song are you grateful exists, and why?
3. What food instantly improves your mood?
4. What person, animal, hobby, or activity brings you joy?
5. If gratitude were a color, what color would it be and why?
6. What three things would you put in a gratitude time capsule?
7. If you could freeze one happy memory, which would you choose?
8. What ordinary object are you surprisingly grateful for?
9. If gratitude were a superpower, how would you use it?
10. What would your perfect gratitude-filled day look like?
11. Describe your life right now using three things you appreciate.
12. If you could give someone an award for making a difference in your life, who would receive it?

7. Quick Gratitude Prompts for Bell Ringers

These work well as short, 1–2 minute writing activities.

- Today, I am thankful for...
- One person I appreciate is...
- One thing I like about myself is...
- Something that made me smile recently was...
- One thing I am looking forward to is...
- One thing I appreciate about my life is...
- A small act of kindness I noticed was...
- One thing I learned this week was...
- Something that helps me through a difficult day is...
- One moment I want to remember is...
- One thing I appreciate about my classmates is...
- Today, I can show gratitude by...
- Something I often take for granted is...
- One thing that makes me feel hopeful is...
- This week, I am proud of myself for...

8. Weekly Gratitude Challenge

Monday – Appreciate Yourself: Name one personal strength you are grateful for.

Tuesday – Appreciate Others: Think of someone who has positively influenced your life.

Wednesday – Appreciate the Little Things: Identify three ordinary things that make your day better.

Thursday – Appreciate Growth: Reflect on a challenge that taught you something.

Friday – Appreciate the Week: Identify one moment, one person, and one lesson you are grateful for.

9. Gratitude Journal Template

- What am I grateful for today?
- Why is this important to me?
- How can I show appreciation for it or share that positive feeling with someone else?