



Gratitude Practice: A Guide for Families

5 Benefits of Gratitude Practice Proven By Research

Increase Your Happiness
Get Better Sleep
Become More Resilient
Improve Your Health
Gain Peace of Mind

Activity Ideas:

Make a collage of things you
are grateful for

Write letters to those you are
grateful for (now is a great
time to say thank you to our
healthcare workers and
teachers!)

Create a family gratitude jar
using slips of paper or popsicle
sticks; everyone can contribute
messages of gratitude for each
other

What is gratitude

**“It is not joy that makes us grateful,
it is gratitude that makes us joyful”**

Gratitude is the
quality of being
thankful, kind, and
showing appreciation.
Gratitude helps us find
beauty and happiness
in the moment and
brings calm and peace
to our situations.

www.psywellness.com

