

Little
ones can
draw!

WRITE A GRATITUDE LETTER

8 YEARS - ADULT : 30MIN -1 HOUR

Have each family member think of someone who did something for which they are extremely grateful but to whom deep gratitude was never expressed...

FULL ACTIVITY STEPS LINKED IN CAPTION

WRITING STEPS

1. Write as though you are addressing this person directly ("Dear _____").
2. Don't worry about grammar or spelling.
3. Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
4. Describe what you are doing in your life now and how you often remember their efforts.

VISIT STEPS

1. Plan a visit with the recipient in person (if possible). If everyone in your family has picked different people, that's okay, just space these visits out.
2. Let that person know you'd like to see them and have something special to share, but don't reveal the exact purpose of the meeting.
3. When you meet (or video/phone chat), let the person know that you are grateful to them and would like to read a letter expressing your gratitude

READING STEPS

1. Ask that they let you read the whole letter through start to finish.
2. Take your time reading the letter. While you read, pay attention to their reaction as well as your own.
3. After you have read the letter, be receptive to their reaction and discuss your feelings together.
4. Remember to give the letter to the person when you leave!

TALKING GRATITUDE

1. Ask your family how it felt to write, read, and give their letter.
2. Talk about how gratitude makes you feel
3. Share something about your family that makes you grateful.

Source: Greater Good in Action