

# Gratitude Challenge

What is a sound you are thankful for?

What food makes you happy?

What is something that made you smile today?

What is a holiday or tradition that you enjoy celebrating?

What animal are you grateful for?

What color makes you feel calm or cheerful?

What helps you feel cozy at bedtime?

What book/movie makes you feel happy?

What item in your home brings you joy?

Who is someone you enjoy spending time with?

What is something you're looking forward to?

What is a favorite memory that makes you smile?

What is something you have learned that you are glad to know?

What is something kind someone did for you?

What smell makes you feel cozy or happy?

What is something in nature that makes you feel peaceful?

What is something special that your family/friends do together?

What is a challenge you overcame that made you stronger?

What is a talent or skill you are proud of?

What is something that recently made you laugh?

