Gratitude activity workbook for adolescents

by Common Thread



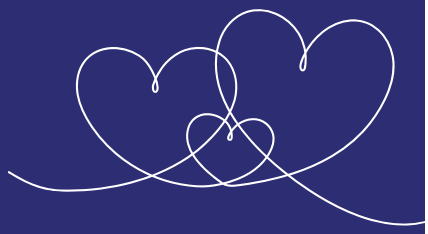
Common Thread

by Wolfson Children's



Weaving mental wellness
into the journey of childhood.

Welcome to your gratitude workbook



A simple practice to help you feel more grounded, positive and present

Life can get busy, stressful and sometimes overwhelming. But even on the hard days, there are still good things happening around you — moments that matter, people who care or small things that bring you peace or joy. Gratitude is about noticing and appreciating those things.

It's not about pretending everything is perfect. It's about making space to recognize what's already good in your life, even while you're working through the hard stuff.

Why gratitude matters

Research shows that practicing gratitude regularly can help you:

- Feel happier and more hopeful
- Reduce stress and anxiety
- Sleep better
- Strengthen your relationships
- Build resilience and confidence

Pretty powerful, right?

How to start a gratitude practice

You don't need to write a long list every day. Even a few words or one thoughtful sentence can make a difference. Here are some simple tips to help you get started:

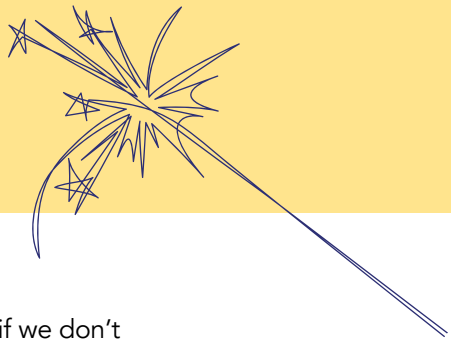
1. **Be real:** Gratitude doesn't have to be deep or poetic. It just has to be true to you.
2. **Start small:** A favorite song, a warm hoodie, a funny meme, a text from a friend — these all count.
3. **Make it a habit:** Try to write 1–3 things you're grateful for a few times a week. The more consistent you are, the more you'll feel the benefits.
4. **Reflect:** Look back sometimes. You'll start to notice patterns and things (or people) that bring joy into your life.

This workbook is your space—no pressure, no judgment. Just a place to slow down, check in with yourself and focus on the good.

You don't have to wait for something big to be grateful.
Start where you are.

Let's begin.

Sparking gratitude



Recognizing people, places and things to be grateful for can be hard if we don't know where to look. Read through the gratitude prompts below and choose a prompt that elicits a feeling or reaction. Write down or think about your response and notice if any feelings of gratitude show up as a result.

Daily and immediate life

What's one nice thing that happened today? _____

What is the most delicious food you ate today? _____

What is something beautiful you saw today? _____

What is one thing about today's weather that you like? _____

When did you feel peaceful today? _____

What is something that makes you laugh? _____

What is your favorite meal and why? _____

Surroundings and modern conveniences

What is something you use every single day that you are thankful for? _____

What modern convenience can you not imagine life without? _____

What is your favorite space in your home? _____

What do you like about your neighborhood or city? _____

What is your favorite outdoor activity? _____

Relationships and people

How has someone helped you lately? _____

Who made you smile today? _____

What is one thing you appreciate about your friends or family? _____

What is a meaningful gift you've received? _____

Who is a mentor or teacher you are grateful for? _____

Who inspires you to be your best self? _____

The "good news" tracker

Every day has something good in it — big or small. This tracker is your space to spot those positive moments, write them down and develop a gratitude practice. Maybe it's a compliment you received, a joke that made you laugh or just a quiet moment that felt peaceful. When you focus on the good, you train your brain to notice more of it.

Use this tracker during the week to record your "good news." Over time, you'll build a collection of moments, both small and large, that you are grateful for.



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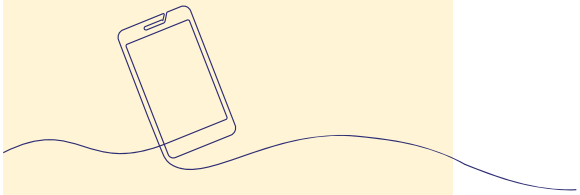
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Digital detox challenge



When is the last time you took a break from using your phone? You're invited to take part in a month long digital detox challenge. The purpose of this challenge is to take a daily break from your phone and to use the time to engage with an activity you enjoy and/or spend quality time with people you care about.

Directions:

1. Decide on a length of time that will allow you to fully engage in a meaningful activity. (Ex. 30 minutes, 60 minutes, 90 minutes, etc.)
2. Create some space between you and your phone. Place it in a drawer or leave it charging in a separate room.
3. Engage in an enjoyable activity or connect with someone you care about. Try to stay in the moment.
4. Following the activity, identify 2-3 things that you are grateful for.
5. After successfully completing the daily challenge, give yourself credit by checking off the day in your calendar.

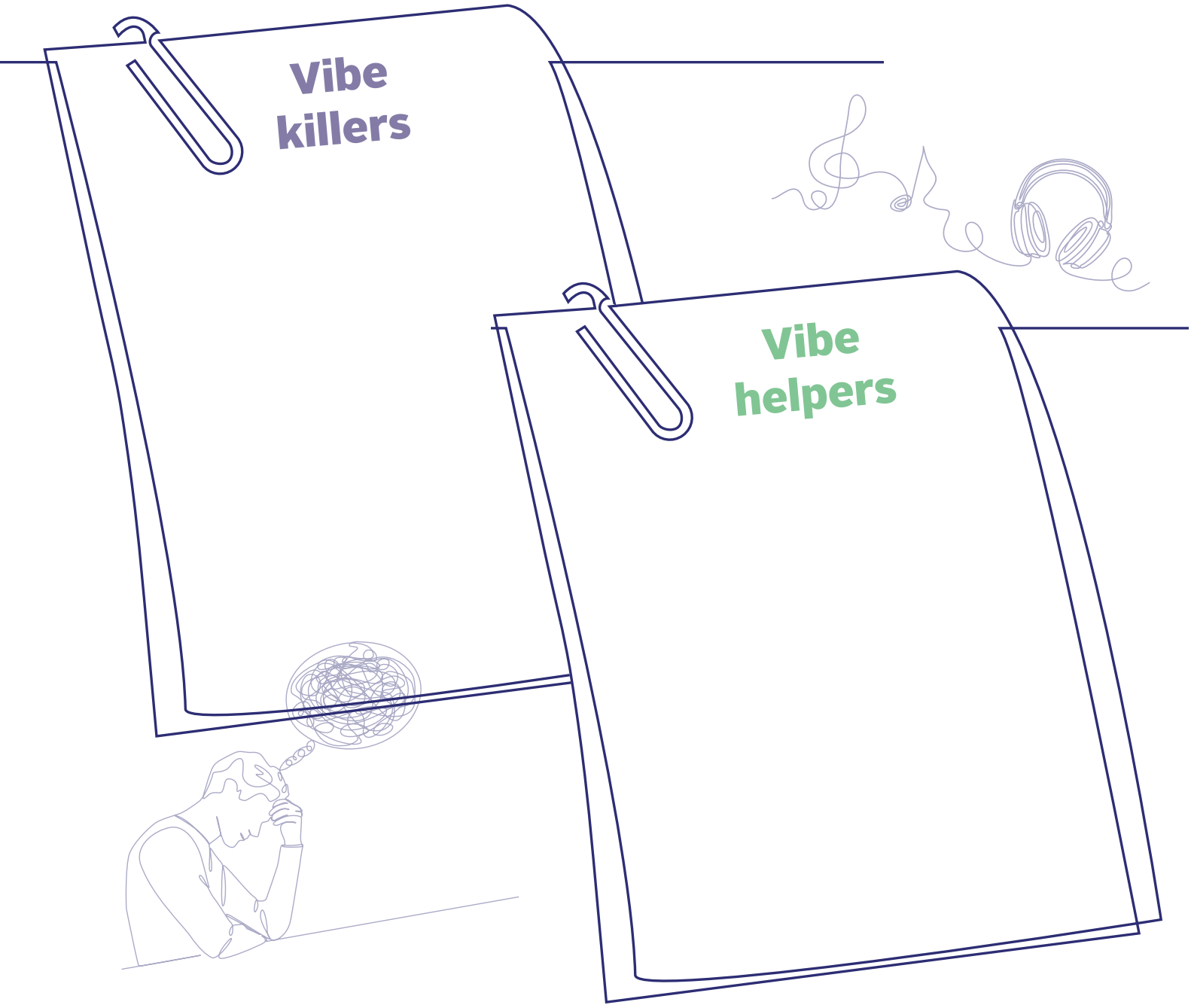
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

My vibe check

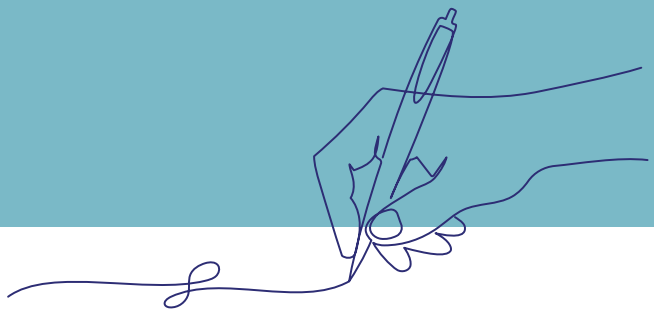
Stress is a part of life and can "kill the vibe," but there are ways to manage it and maintain well-being. Use the space below to note your main "vibe killers" and "vibe helpers."

Vibe helpers: The people, resources or internal strengths you are grateful for that can help you handle the stress (a friend, a favorite song, a coping mechanism, their sense of humor).

Vibe killers: Things currently causing stress, worry or anxiety (school, a conflict, a feeling).



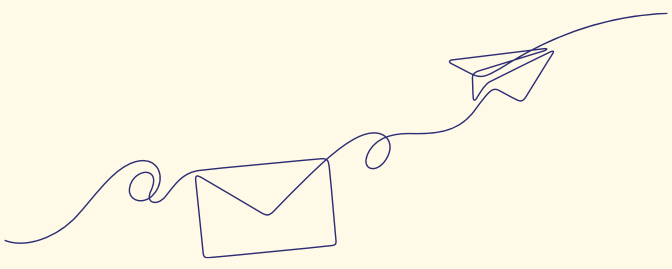
The “future me” thank you letter



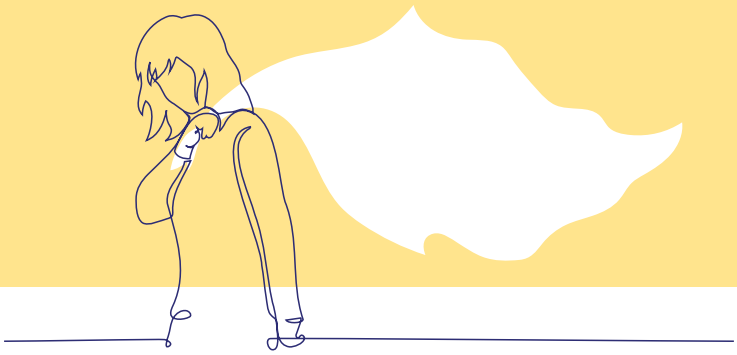
What would you like to say to your future self?

Prompt 1: Write a letter to your “future self” (a year from now), thanking yourself for the hard work, perseverance and kindness you are putting in today.

Prompt 2: Write a letter to your “past self,” appreciating the foundational steps and mistakes that helped you grow.



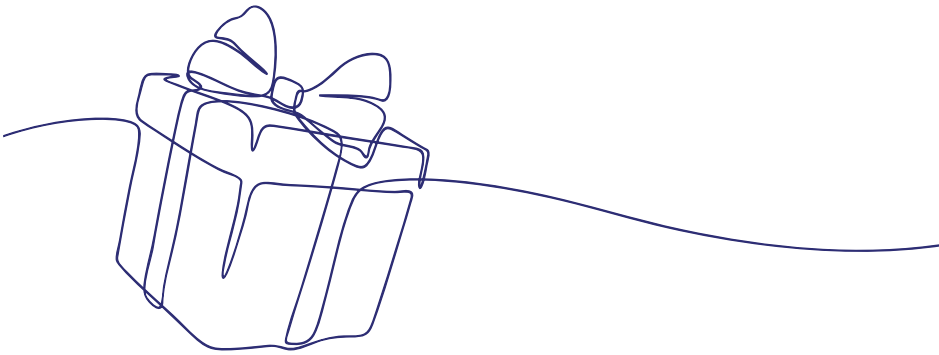
Unsung heros



Every day, there are people who make our lives a bit easier like the bus driver, the school janitor, the person who made your lunch or a helpful older sibling. These unsung heroes often don't get the recognition they deserve.

Think of an unsung hero in your life and take a moment to share a short, specific note of appreciation with them.

The gift of discomfort



Challenges at home and school can feel overwhelming and create feelings of discomfort. After a challenge has passed, it can be helpful to reflect on what you've learned from an experience and if there are any opportunities for growth.

1. Write about a **recent challenging experience** (a tough test, a mistake, a difficult conversation).
2. List **3 things** the experience taught you and why you are ultimately grateful for the lesson or the opportunity to get better.

1.

2.







Acts of kindness



Has anyone ever done something kind for you when you were not expecting it? Random acts of kindness are thoughtful actions that are done for others and make the person feel happy and cared for. Doing kind things for others can make us feel proud and appreciated. Use the acts of kindness list below to help get you started. You can also add your own ideas to the list.

- [ ] Put away groceries
- [ ] Offer to help around the house
- [ ] Compliment a friend
- [ ] Share a snack with a friend
- [ ] Use chalk to write positive messages to others on your sidewalk
- [ ] Donate clothes or toys
- [ ] Help set or clear away the table for a meal
- [ ] Hold the door for someone
- [ ] Smile at people you pass
- [ ] Pick up litter
- [ ] Call a friend you haven't spoken to in a while
- [ ] Write a handwritten letter or note to a friend or family member
- [ ] Volunteer your time at a local community center or food bank
- [ ] Say "good morning" to someone
- [ ] Spend quality time with a sibling

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Need immediate support? Use the numbers below during a mental health crisis.

National Crisis Hotline: Call or text 988 for support

24/7 Kids & Teens Helpline: Call 904.202.7900 or text LIFE to 741741

If someone is an immediate threat to themselves or others, call 911.