

31 Thanks prompts



Practising thanks helps us become more thankful and joyful!

Use these prompts to help you find something to be thankful for each day.

You can do this on your own or with your family, taking it in turns to say your thank yous.

Tick in the circle when you've used it.

If any sentence doesn't work for you, replace it with your own.

I'm thankful for...

my family, especially how they...

music, especially...

our home, the best part of which is...

times with...

my favourite animals:

connecting with...

special events like...

people who care for me, such as...

the chair in...

technology, especially...

our local green space: [name]

encouraging words such as...

beautiful things like...

people who deliver things to my home including...

time to...

our community, particularly...

good memories like...

my friend, [name]

being able to...

pets, such as...

trees, especially...

books like...

people I love:

where I live because...

helpers like:

being able to...

places to visit, including...

my parents and how they...

moments when...

nature, including...

food, especially...



thank you

Each day, think of something you are thankful for. Draw or write it in one item.

