

Name \_\_\_\_\_



# Heartfelt Harvest List

**Directions:** Gratitude is a feeling of thankfulness. For each category below, write one specific thing you are thankful for. Then, write a full sentence explaining **why** it makes your life better.

## Category 1: A Person at School

I am grateful for: \_\_\_\_\_

Because: \_\_\_\_\_

## Category 2: A Favorite Activity

I am grateful for: \_\_\_\_\_

Because: \_\_\_\_\_

## Category 3: A Small Comfort (like a cozy blanket or a snack)

I am grateful for: \_\_\_\_\_

Because: \_\_\_\_\_

## Category 4: A Talent or Skill You Have

I am grateful for: \_\_\_\_\_

Because: \_\_\_\_\_

## Category 5: Something in Nature

I am grateful for: \_\_\_\_\_

Because: \_\_\_\_\_