

Gratitude jar prompts

Cut out the slips, fold them and put them in the jar. Pull one out and answer it together.

Who gave you a hug today?

What did you eat that was yummy?

What toy did you play with?

Who played with you?

What made you laugh?

What is your favorite thing to wear?

Which animal do you love?

What did you see outside?

What is the best part of bedtime?

Who reads you stories?

What is cozy in your house?

What color made you happy today?

What is your favorite song?

Who helps you get dressed?

What did you build or draw?

What did you splash, dig or jump in?

Who said something kind to you?

What smells good in the kitchen?

What is your favorite place to sit?

What do you love about your family?

Gratitude jar prompts

Cut out the slips, fold them and put them in the jar. Pull one out and answer it together.

Who helped you today, and how?

Something new you learned

A friend you are glad to have

Something that was fun at school

A grown-up who takes care of you

Something in nature you noticed

A food someone made for you

Something you can do now that you couldn't before

A book you love

Something that made you feel brave

A game you like to play with someone

A sound you like to hear

Something warm on a cold day

Someone who makes you laugh

A favorite thing about today's weather

Something you shared, or someone shared with you

A place you like to go

Something about your body that works hard

A pet or animal you love

Something you are looking forward to

Gratitude jar prompts

Cut out the slips, fold them and put them in the jar. Pull one out and answer it together.

Someone who helped you without being asked. Why do you think they did it?

A gift that wasn't a thing

Something hard that turned out fine

A mistake you learned from

Someone whose job makes your day better

A kind thing you saw someone do

Something you have that you sometimes forget about

A person who believes in you

Something about where you live

A teacher or coach, and one thing they taught you

A small moment you want to remember

Something someone made by hand

A friend who stuck by you

Something about this season you love

A time someone forgave you

Something your family does together

A rule that keeps you safe

Someone far away you are thankful for

Something you did for someone else today

Something that made today better than yesterday