



GRATITUDE QUESTIONS

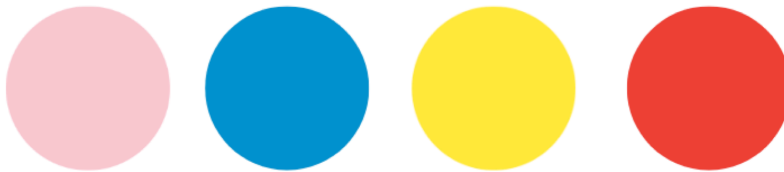
1. WHO IS SOMEONE YOU ARE GRATEFUL FOR, AND WHY?
2. WHAT IS SOMETHING YOU APPRECIATE ABOUT YOUR HEALTH OR BODY?
3. WHAT WAS THE MOST POSITIVE MOMENT OF YOUR DAY/WEEK?
4. WHAT KIND OF THING HAVE YOU DONE FOR SOMEONE ELSE RECENTLY?
5. WHAT POSITIVE QUALITIES DO YOU ADMIRE IN A FRIEND OR FAMILY MEMBER?
6. WHAT NEW THING ARE YOU GRATEFUL FOR LEARNING THIS YEAR?
7. WHAT'S A PLACE THAT MAKES YOU FEEL PEACEFUL AND HAPPY?
8. WHAT'S SOMETHING SMALL THAT MADE YOU SMILE TODAY?
9. WHO OR WHAT BRINGS JOY INTO YOUR LIFE?
10. WHAT DO YOU APPRECIATE MOST ABOUT YOUR HOME?

Code Examples

1. Red, Yellow, Green, Blue



2. Pink, Blue, Yellow, Red



3. Purple, Yellow, Pink, Blue



Coloured Markers

Print and cut out coloured markers, then place them under four cones (or objects) in the sequence of the codes.

