

# Gratitude Sprint

Gratitude Sprint is a fun, short, powerful activity designed to cultivate gratitude at home with your family and in the classroom with your students.

## Activity Instructions:

- At any stage during the day whether it be at home or in the classroom call **"Gratitude Sprint"**
- With your students or as a family take turns in sharing something you are grateful for.
- The challenge is between you list as many things as you possibly can in **30 SECONDS**
- It can be **anything you are grateful for** or you could **choose a topic**. Topic examples:
  - "Share things you are grateful for at school"
  - "Share things you are grateful for at home"
  - "Share things about your friends that you are grateful for"

