

GRATITUDE CONVERSATIONS

Focusing on Gratitude with conversation starters can lead to connection, emotional regulation awareness, friendships, understanding and trust building.

I am enough

I am capable

Like any other exercise, if we practice it regularly we become more confident in our own abilities. We find out what works for us and what doesn't, leading to a more positive mindset. Understanding our own incredible strengths, and building upon our own space of belonging, being & becoming

There are 26 Gratitude Conversation starters included in this PDF. These can be printed out and placed up as posters in your OSHC or cut out each conversation starter and place in a jar/box for students to pick out.

Small steps every day

These are a resource that can be used for staff, students and families at home

They were placed in a jar in our kitchen that we regularly accessed when my children were younger & a lovely way to come together at the end of the day.

You Got This!



GRATITUDE CONVERSATIONS

What is something about your OSHC educator/teacher that you are grateful for?

What is something about your family that you are grateful for?

What is something you are grateful about yourself?

Who did something nice for you today and what was it?

Who did you thank today?

What are you thankful for in nature?

What abilities do you have that you are grateful for?

What is your favourite season and why?

What's one thing a friend did for you recently that you are thankful for?



GRATITUDE CONVERSATIONS

What is something you love doing with your family?

What is something you love doing with your friend?

How does it feel to do something nice for someone?

What is your favourite part of your home and why?

What are two things that you are grateful for today?

What was your favourite part about today?

How did you help someone today?

How do you show kindness to others?

What is something that makes you happy?



GRATITUDE CONVERSATIONS

What is your favourite thing to do with your siblings, and if you don't have siblings what is your favourite thing to do with a friend?

What is your favourite part about school?

What is your favourite part about being at home?

One of my favourite things about today is?

What was a moment that I really appreciated today?

What could have stressed me out today, but I dealt with calmly?

Someone I could surprise with a note or sign of gratitude today is?

Something beautiful that I noticed today was?



GRATITUDE CONVERSATIONS

create!
your
own
Sunshine

SPREAD
KINDNESS

BELIEVE
ACHIEVE
SUCCEED

you tried
your best

STAY
curious
STAY
kind

CHOOSE
JOY
EVERYDAY

DARE
- to -
DREAM

Smile
breath
repeat

enjoy
the
little
things

BE
THE
ENERGY

gratitude
changes
everything



GRATITUDE CONVERSATIONS

"Be"
Brave
with your
LIFE

Be
Amazing

Be
TRUE
to
YOURSELF

Practice
GRATITUDE

YOU'RE
-THE-
greatest

Positive
THOUGHTS

you are
AMAZING

YOU CAN BE
whatever
YOU WANT

Be
COURAGEOUS

Be
Creative

CREATE
your own
PATH

