TOUCHSTONE
THERAPY CENTER

FREE RESOURCE

FAMILY ACTIVITY

Gratitude
Conversation Starters



Cut these out to make a deck. Share your answer with a friend or family member, then listen to theirs.

GRATITUDE **What is a small success you had recently?**	GRATITUDE **What is something you take for granted?**	GRATITUDE **What do you do to keep yourself healthy?**
GRATITUDE **What is a modern invention you are grateful for?**	GRATITUDE **What is something you learned recently?**	GRATITUDE **What is a tradition you are thankful for?**
GRATITUDE **What food do you appreciate the most?**	GRATITUDE **What is something you are grateful for that you didn't have a year ago?**	GRATITUDE **What mistake or failure are you thankful for?**
GRATITUDE **What is something that makes your life easier?**	GRATITUDE **Who makes you feel loved?**	GRATITUDE **Find a photo that shows something you are grateful for and share it with someone**