

# GRATITUDE QUESTIONS



Chat about this for  
**3 points!**  
each!

Do you find it easy to find things to be grateful for?

What are some things you feel most thankful for?

What things do you find it hard to be thankful for?

Who inspires you with their attitude of thankfulness?

What would like look like if you could never see good in situations?

Have you ever had someone's mood draw you down?

Have you found that sharing your things makes you more thankful for them?

What is something you can do or think when you don't feel grateful?

What is something you can do or think when others may not feel grateful?



# GRATITUDE DEBATES

Debate these for  
**10 points!**  
each!



People who are thankful for what they have don'T achieve as much in life.

Acting thankful when you are not is just lying

Only weird people can be thankful for a pair of socks.

It takes too much energy to try and be thankful for things

No one minds a little complaining

You should always be thankful for your situation.



## DEBATE RULES:

- Take turns. Don't interrupt. Let people have a different perspective.
- There might not be a clear right answer! That's okay. The goal is hearing perspectives.
- Try taking a perspective you don't agree with sometimes! It can be fun!
- Don't be rude or call people names!
- Have fun! Hey, that's the rule for everything, isn't it?

# GRATITUDE SCENARIOS



Chat challenge  
**5 points!**  
each!

## HELP BIG BILLY GOAT GRUFF

Big Billy Goat Gruff is determined to have the greenest grass. He won't be satisfied with anything less. What might you say or do to help Big Billy Goat Gruff to have a gratitude attitude?

## HELP THE GIRL WITH THE CURL IN THE MIDDLE OF HER FOREHEAD

Every day Jill would wake up and roll out of bed. If she felt good, it was a good day. If she felt bad, it was horrid. What might you say or do to help her?

## HELP PRINCE CHARMING

The poor Prince! He was so used to being a hero, but climbing up Rapunzel's tower to rescue her and racing away frightened, he has had the jitters. He sees other knights heading out on missions, but he can't bring himself too. He now feels miserable. What can he do or think to make things better?

## HELP GOLDILOCKS

First it was the porridge, then it was the chairs, and finally the beds - Goldilocks needs to test everything out before she decides she is happy with what she has. What are the benefits and problems of this approach?