

Family Conversation Starters - Gratitude Questions

What abilities do you have that you are very grateful for?	Did you see something beautiful today?
What do you like the most about your school or job?	Is there something you are looking forward to right now?
Is there an invention are you grateful for?	Name one thing that you love doing with your family?
Name something you're good at and speak of why you are grateful for it.	What song or music makes you happy when you hear it?
Name something you use every single day, and speak of why you are grateful for it.	What makes you laugh out loud.
Talk about a wish you made that came true, and how you are grateful for it.	What's your favorite day of the week or month, and why?
What was the most delicious food or dessert you ate today?	What was the most delicious food or dessert you ate this week?
Has someone helped you lately, and do you feel grateful for that?	What recent book did you love reading?
Name something you love doing with your parents?	What's your favorite room in your home? Why?
What's the best thing that happened today?	Which TV show or movie always makes you happy?

Which holiday are you most grateful for?	What's the very best gift you've ever received?
Name one nice thing about today's weather?	Name a new thing that you recently learned and for which you are grateful.
What activities help you relax?	Name an accomplishment you are proud of?
Did someone make you smile today? Why?	Name one nice thing you did today? (It could be for someone or the environment).
What do you like most about your family?	What is something about your teacher that you are grateful for?
What is something that makes your life easier?	What is your favorite outdoor activity, and why?
What smell makes you feel happy?	What memory makes you smile?
Name one of your favorite things to do? Why are you thankful for it?	Who makes you feel the most loved, and why?
What cheers you up when you've had a hard day?	How have you helped someone else lately?
Did someone do something nice for you today? What was it?	What is your favorite item of clothing or toy?