SEL · MINDFULNESS AND CALMING · GRADES 2–5

Gratitude Alphabet



Find something you are thankful for for every letter from A to Z, from apples to zoos: a calm way to notice the good things.

Name: _____ **Date:** _____

Think of something you are thankful for that starts with each letter. X is tricky: try a word with an x in it, like box or six!

	I am thankful for…
A	
B	
C	
D	
E	
F	
G	
H	
I	
J	
K	
L	
M	

	I am thankful for…
N	
O	
P	
Q	
R	
S	
T	
U	
V	
W	
X	
Y	
Z	

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