

Adapted from: I am here now by the Mindfulness Project, 2015.

	Gratitude... ...Alphabet
	A- (ex. I'm grateful for: Abstract reasoning) B- (ex. I'm grateful for: Best friends) C- (ex. I'm grateful for: Crafty teachers)
	Z- Y- X-

**Instructions:** Write your target language alphabet in the skinny columns (on the right). Then, fill in the gratitude side (on the right) with things you're grateful for. Can you do it all in your target language? Once you've finished, share 3-5 of your entries, in your target language, with a friend or neighbor. Consider asking them what they are grateful for?

**Extension:** Consider using highlighters or colored pencils to color code your list into categories (ex. family, community, environment, etc). Then, think about ways you could share the most important aspects of your life with a friend, classmate, or teacher.