



USE WITH:

Individual students, small group, or whole class



GRADE LEVEL:

Middle school or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

Reflect on 3 Good Things

By reflecting on the positive things that happen every day, students will begin to develop gratitude over time.

Created by [Character Lab](#)

Description:

In this daily reflection, students will list 3 things that went well for them, and why they went well. Identifying positive moments (small or big) encourages gratitude in students.

Prep time needed:

5 minutes

Est. time to complete:

10 minutes

Steps:

1. Begin this activity by defining gratitude (feeling thankful toward the world or another person) and explaining to students that when they feel gratitude, they may feel a sense of abundance (a feeling like you have all that you need and want).
2. Ask student to reflect on their day so far and think of 3 things that went well.
3. Have students write these 3 instances down and explain why they went so well. Provide opportunities for students to capture these 3 instances in different forms, such as video, audio, art, and/or dialogue with their peers. If students prefer to write their 3 instances, provide the [Three Good Things worksheet](#) for them to use.
4. Invite students to add to this list as their day/week goes on. Convey to students that the hope of the daily exercise is to begin developing more gratitude as time goes on.

Tips for Educators:

- Consider using the [Gratitude playbook](#) for more context on developing gratitude.



Inspired by:

1. Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60(5), 410-421. <https://doi.org/10.1037/0003-066X.60.5.410>

Related Materials:

Gratitude playbook

<https://characterlab.org/playbooks/gratitude/>

3 Good Things worksheet

https://characterlab.org/wp-content/uploads/2020/10/gratitude_threegood.pdf