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.

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](https://characterlab.org/playbooks/gratitude/) for more context on developing gratitude.

Inspired by:


Related Materials:

- Gratitude playbook
  [https://characterlab.org/playbooks/gratitude/](https://characterlab.org/playbooks/gratitude/)
- 3 Good Things worksheet