



USE WITH:

Individual students



GRADE LEVEL:

Middle school or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

Write a Gratitude Letter

Gratitude letters help you focus on the positive influence of others in your life.

Created by [Character Lab](#)

Description:

Students will write a letter to a person who has positively influenced their life. This can be a teacher, relative, mentor, etc. The letter will help students reflect on someone who cares about them and be a powerful experience for the recipient.

Prep time needed:

10 minutes

Est. time to complete:

10 minutes

Steps:

1. Remind students that it is important to reflect on the people in our lives who have encouraged us.
2. Clarify that encouragement can include helping us pursue what we love, pushing us to be bold, urging us to care for others, and many other things. Support takes many forms.
3. Let students know that this type of reflection helps us improve our self-awareness of who cares for us and how.
4. Provide students with examples of people they can write a letter to. It could be a parent/guardian, teacher, coach, friend, family member, mentor, etc.
5. Encourage students to think of an important memory or experience from their time with the person they decide to write to.

6. Optionally, share the sample letter linked in the activity to give students a concrete example of what a gratitude letter can look like.

Tips for Educators:

- Consider giving students the option to read their letter aloud to the person they chose to write to.
- Clarify to students that they don't have to deliver the letter, but that you'd recommend it if they're willing.



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.

Related Materials:

Gratitude Letter
https://characterlab.org/wp-content/uploads/2019/03/gratitude_letter.pdf