



Hazelden Betty Ford Children's Program

Remote Continuing Care: Gratitude

*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
– Melody Beattie*

Gratitude is the quality of being thankful. Even while difficult things are happening, taking time to recognize positive things in our lives and be thankful for them can help us feel more at peace.

Activity

Gratitude Questions: Ask the questions below to each person in your family, including yourself! Write them down if you'd like!

1. What made you laugh today?
2. Who was kind to you today?
3. What do you like most about your family?
4. What do you like most about yourself?
5. What else are you thankful for today?

Gratitude Challenge : Do something nice for someone else!

Examples:

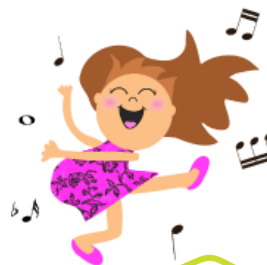
- Write a thank you letter to your local grocery store or hospital
- Draw a picture for a family member
- Call a friend and tell them a joke



Gratitude Challenge : Do something nice for yourself!

Examples:

- Give yourself a put-up
- Listen to your favorite song
- Move your body—Dance! Run! Jump!





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We would love to hear about what you did to show gratitude! Share your answers to the questions, and/or tell us about what you did to show gratitude for other people and for yourself.

You can send us an email or give us a call at anytime, and we will be sure to get back to you!

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