

# 7 questions to spark gratitude in children

Gratitude is a powerful emotion that can greatly benefit a child's wellbeing and development. While we might be grateful for something or someone deep down, expressing it can have a huge positive impact!

Here are 7 simple questions to spark gratitude in children.

Can you tell me about something you're looking forward to this week?

What is one good thing that happened today?

Who in your life makes you smile your biggest smile?

What has made you laugh today?

What do you like to do with family on weekends?

Who would you like to say thank you to today?

Can you tell me about a friend who you have fun with?

Pop this poster up at your service to remind staff and families of the many ways they can spark children's gratitude each day.