

WE ARE SO THANKFUL: A SHARED GRATITUDE JOURNAL

Roll A Thought, Dice Game

2

What's something in this room that makes your life more comfortable?

7

Name a person you're grateful you know and something they do that makes your life happier.

3

Name a holiday you're thankful for and what you love about it.

8

What's something you're feeling thankful for right now? Share.

4

Describe a daily family ritual you appreciate.

9

List something you appreciate or admire about each person playing this game with you.

5

List five things you're grateful for right now!

10

Sing or recite lyrics of a song that makes you happy.

6

Name a part of your body that makes your life easier and how you take care of it.

11

List two smells you appreciate and why.

12

Get creative and share something crazy or unordinary that you appreciate.

PLAY GUIDELINES

My family pulls this game out whenever we have a few minutes to kill, such as before we need to leave for an activity or dinner is still cooking. Any number of people can play, and anyone can easily come and go. To play, grab two dice and take turns rolling, adding, and answering the appropriate prompt.