

Gratitude Rampage



- List **10** things you are grateful for.
- Sit across from someone and go back and forth saying items from your list.
- Join a group of four, go through your list or go “off script” saying things you are grateful for.
- Join in a large group circle.
- Take turns going around the circle saying things you are grateful for.
- Go around the circle again, but this time, say things you are grateful for, outside of yourself.

1⁺

2⁺

3⁺

4⁺

5⁺

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9⁺

10⁺

