

# Gratitude Conversation Cards

An easy way to start conversations  
with children of all ages!

20 Cards Included

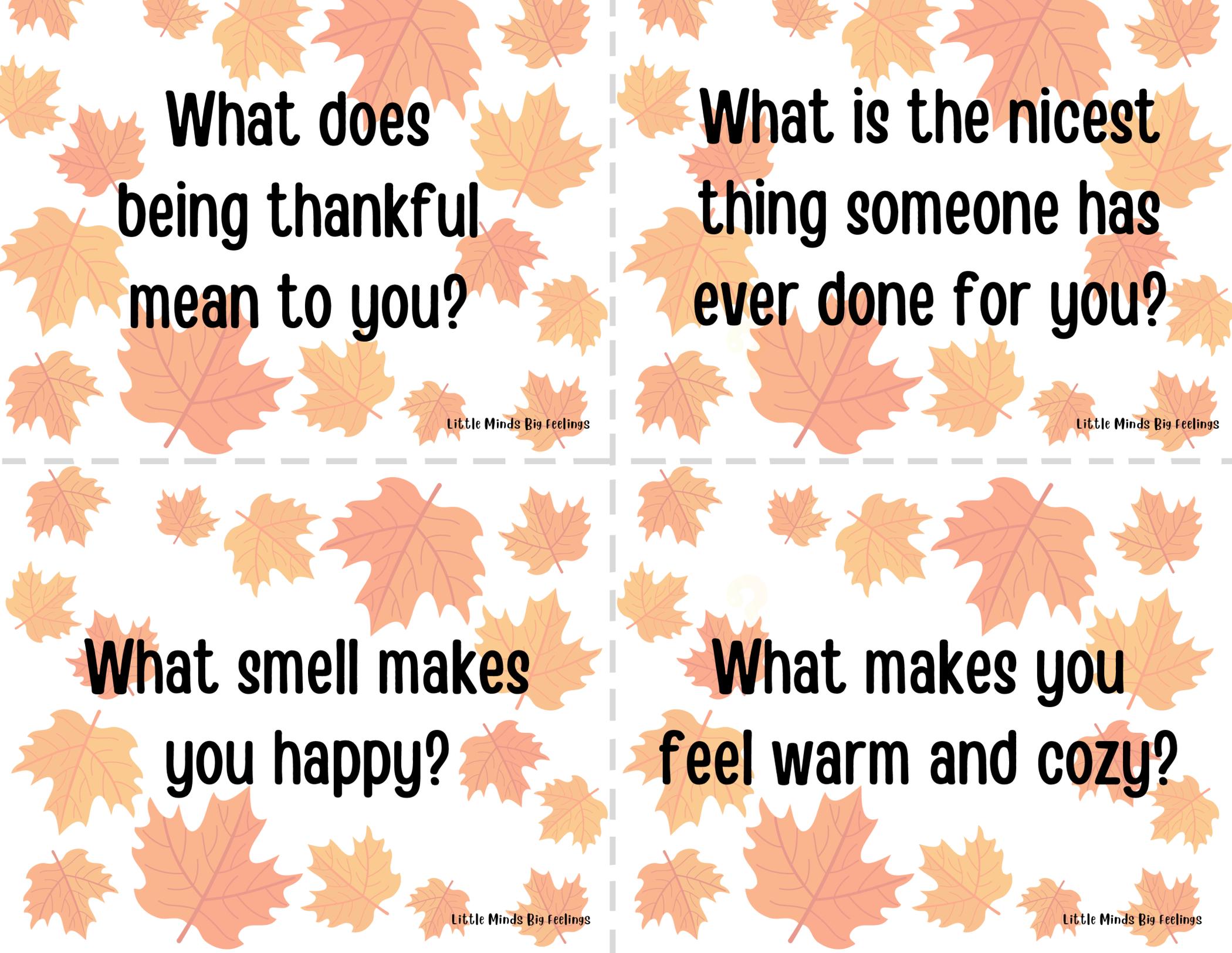


Little Minds  
Big Feelings  
EMOTIONAL REGULATION  
& SOCIAL SKILLS



# Gratitude Conversation Starters

- Name two things you love about yourself
- What is your favorite thing about your family?
- What is your favorite Thanksgiving food?
- Name the thing you are most thankful for this year
- Who was someone that helped you today?
- What did you do to help someone today?
- Name one kind act you will do tomorrow
- Name one person you are thankful for
- What is one wish you have for the future?
- What was one thing you learned today?
- What is one thing you could improve on tomorrow?
- Name one friend you are thankful for
- What cheers you up on a hard day?
- How do you cheer someone up when they are sad?
- What is your favorite memory with your family?
- What is a place you hope to go to with your family?
- What does being thankful mean to you?
- What is the nicest thing someone has ever done for you?
- What smell makes you happy?
- What makes you feel warm and cozy?



**What does  
being thankful  
mean to you?**

Little Minds Big Feelings

**What is the nicest  
thing someone has  
ever done for you?**

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**What smell makes  
you happy?**

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**What makes you  
feel warm and cozy?**

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**Name two things  
you love about  
yourself**

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**What is your  
favorite thing  
about your family?**

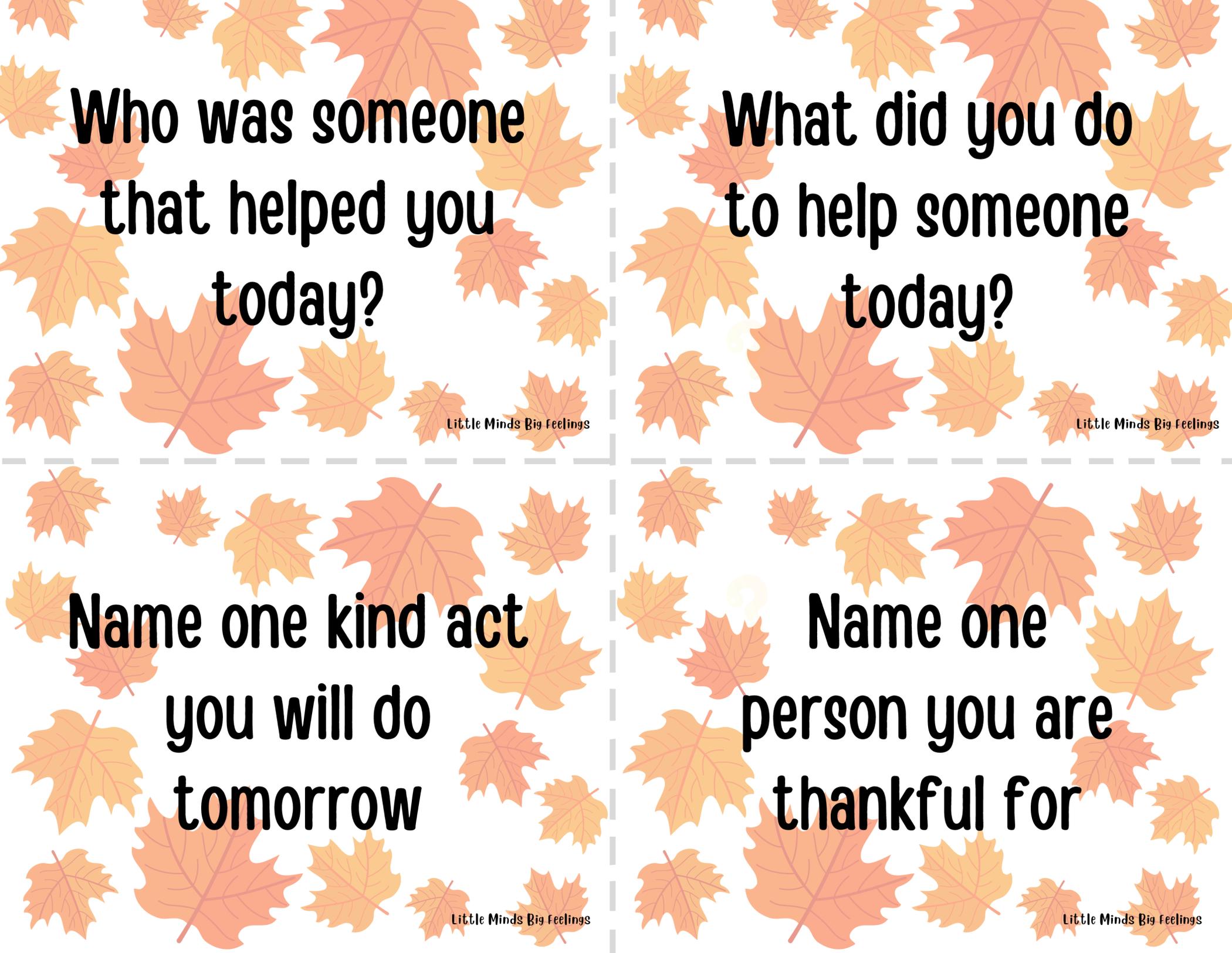
Little Minds Big Feelings

**What is your  
favorite  
Thanksgiving food?**

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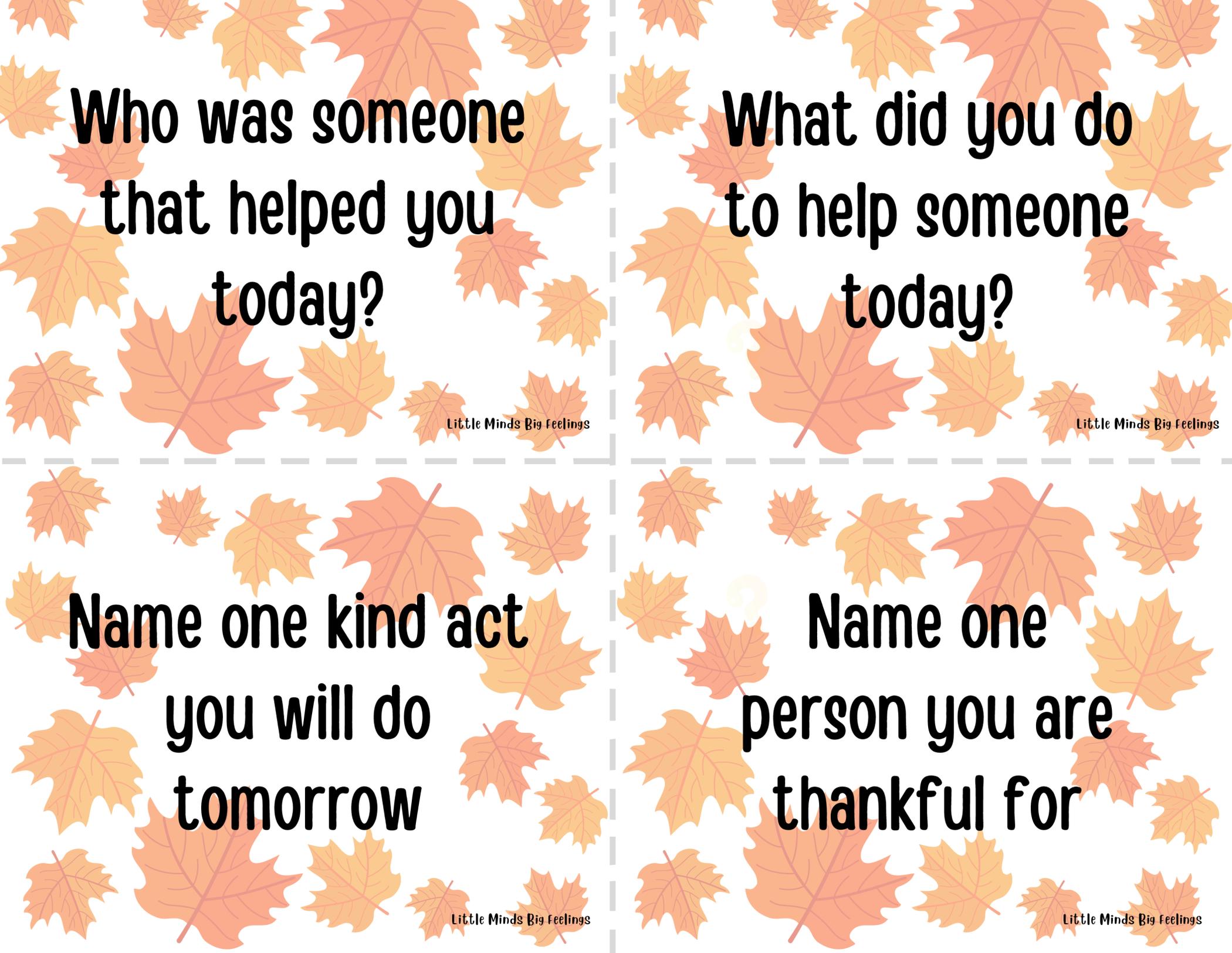
**Name the thing you  
are most thankful  
for this year**

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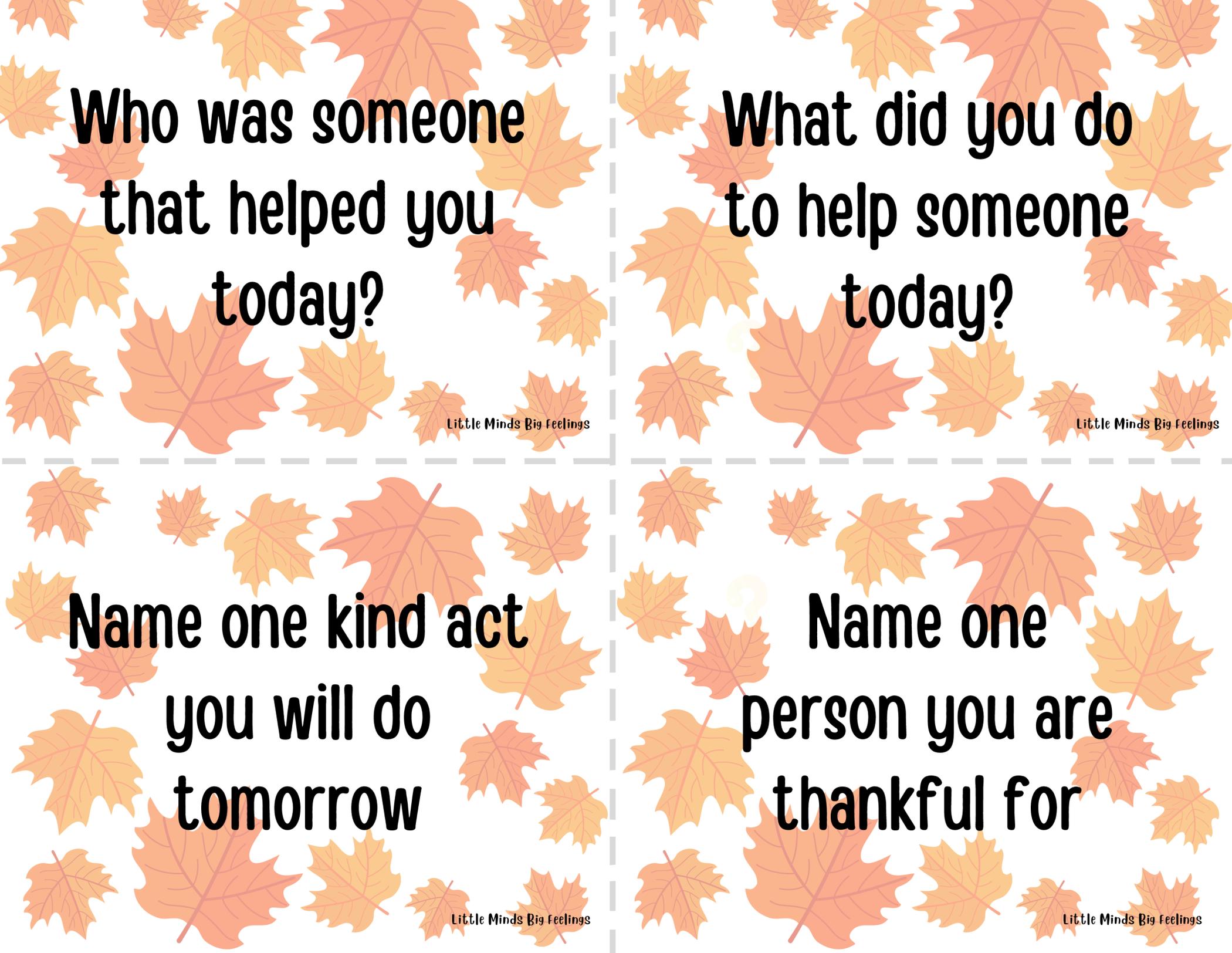
**Who was someone  
that helped you  
today?**

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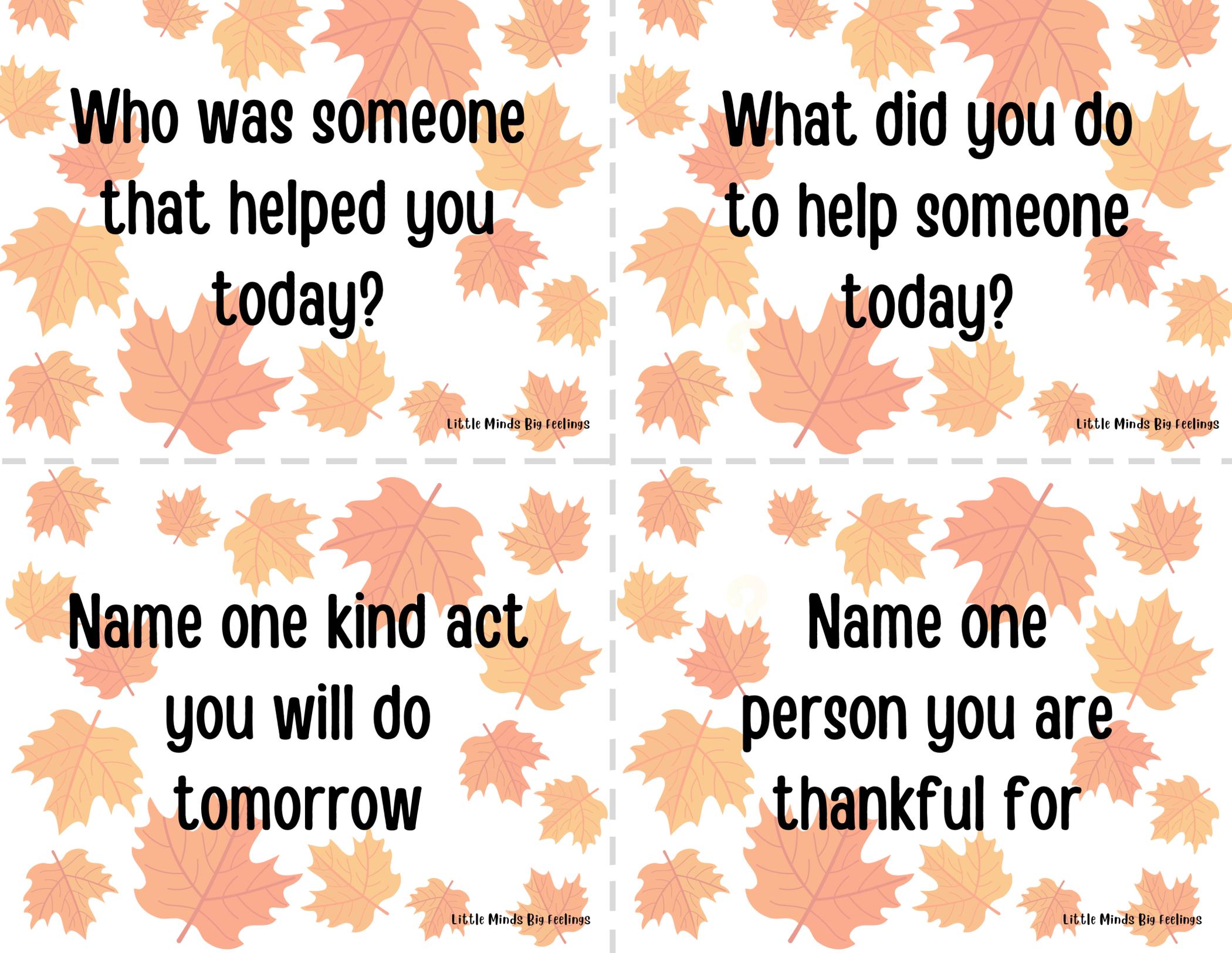
**What did you do  
to help someone  
today?**

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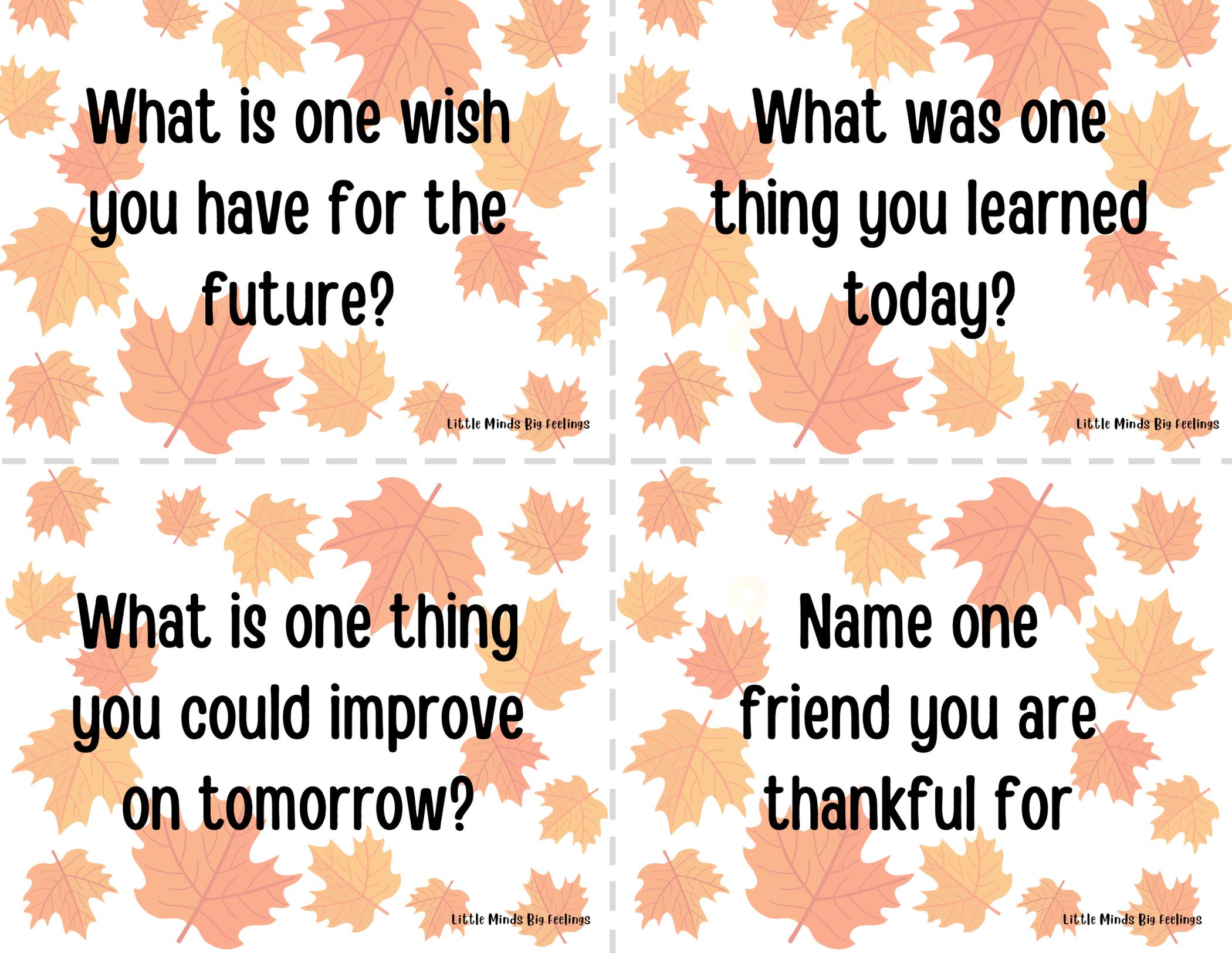
**Name one kind act  
you will do  
tomorrow**

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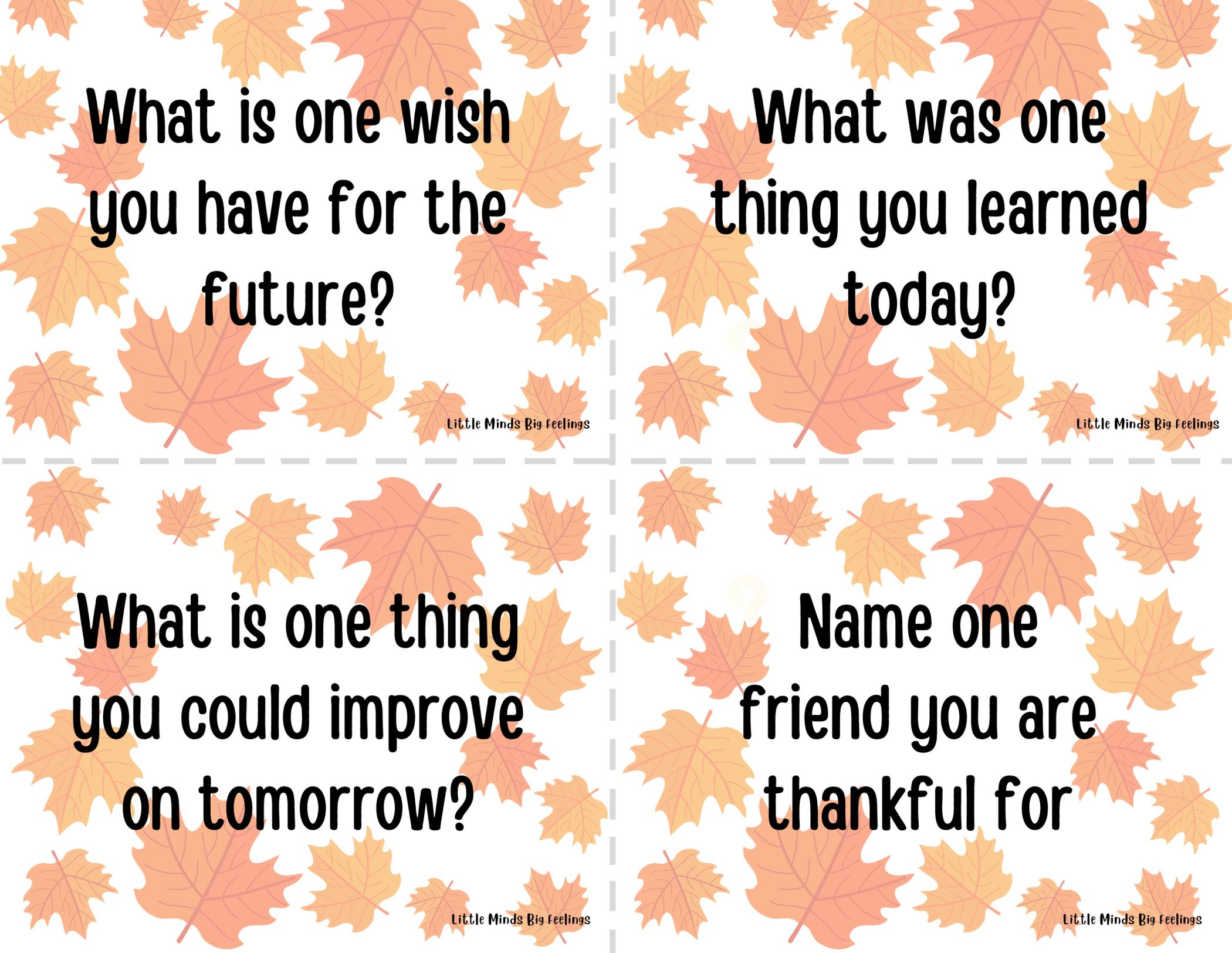
**Name one  
person you are  
thankful for**

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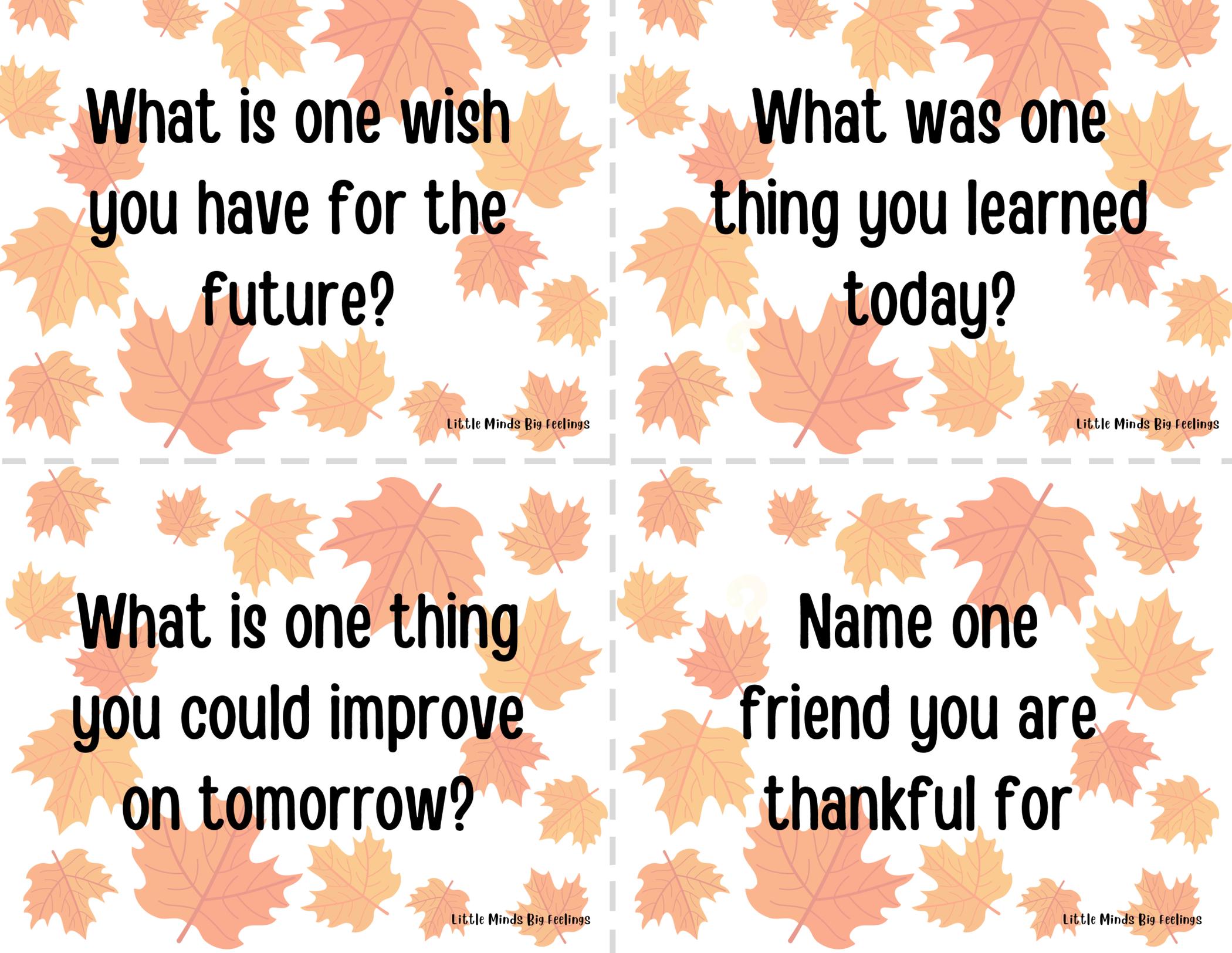
**What is one wish  
you have for the  
future?**

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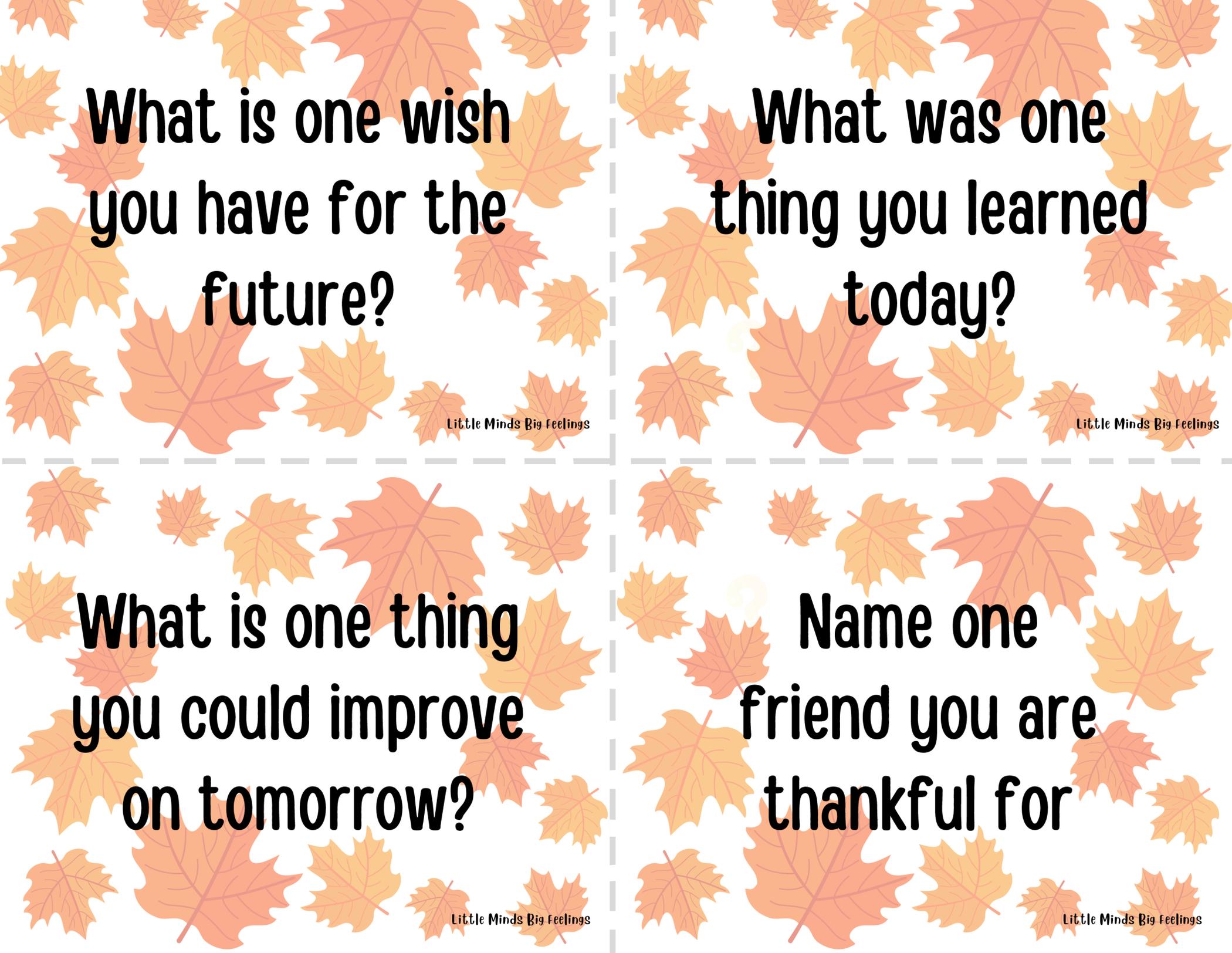
**What was one  
thing you learned  
today?**

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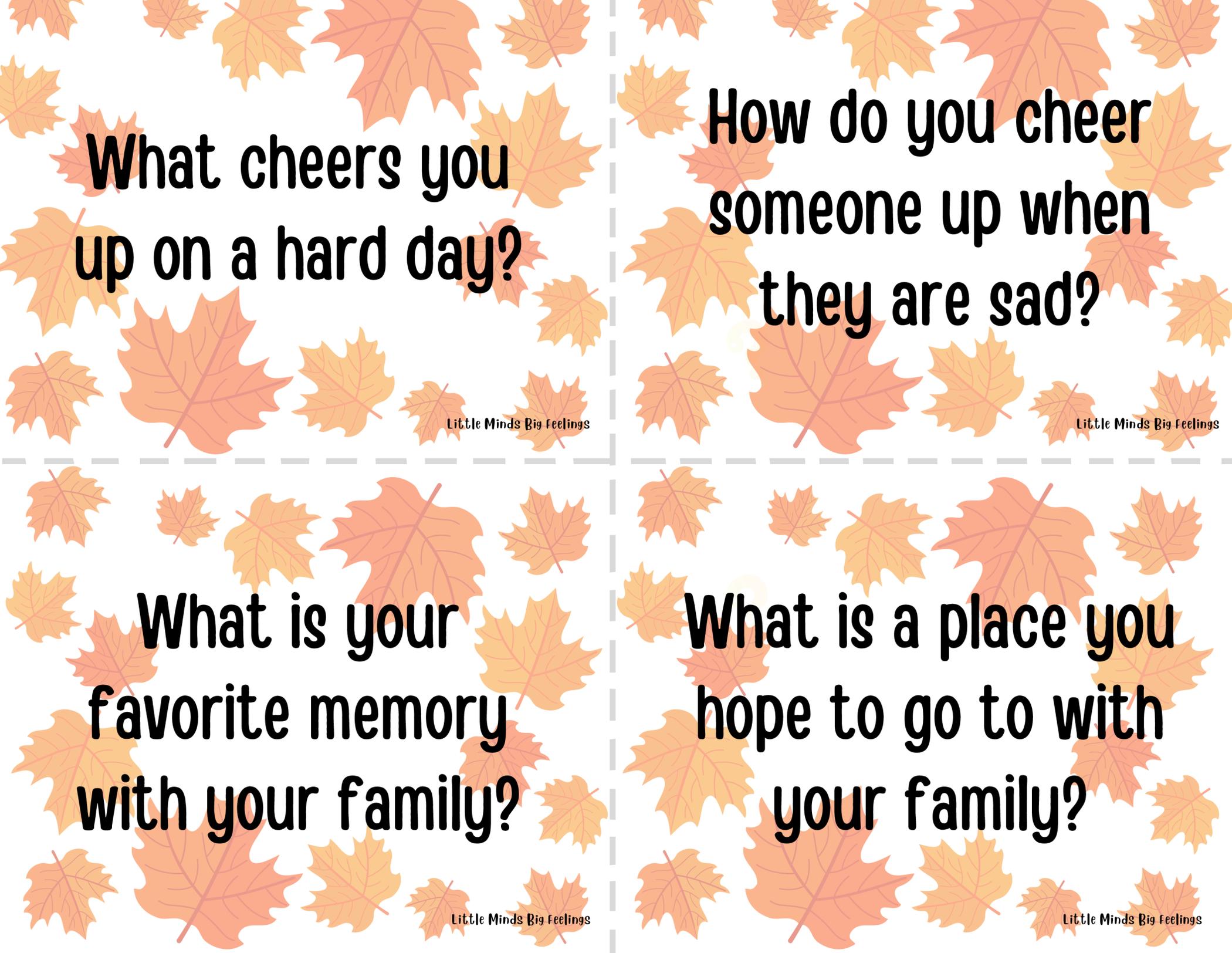
**What is one thing  
you could improve  
on tomorrow?**

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**Name one  
friend you are  
thankful for**

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**What cheers you  
up on a hard day?**

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**How do you cheer  
someone up when  
they are sad?**

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**What is your  
favorite memory  
with your family?**

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**What is a place you  
hope to go to with  
your family?**

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# Thank You!

If you have any questions, concerns or requests,  
Please email us at:

[info@littlemindsbigfeelings.com](mailto:info@littlemindsbigfeelings.com)

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