Gratitude Dice Grid

Roll 2 dice. Die 1 = row. Die 2 = column. Read the prompt where they meet.

Row ↓ / Column →	1	2	3	4	5	6
1	Something that made you smile today	A person who helped you recently	A place you feel safe	A food you're thankful for	A skill you're proud of	A small win from this week
2	A friend or classmate you appreciate	A teacher/coach who supports you	A family tradition you like	Something fun you did outside	A book, show, or game you enjoyed	A happy memory you'll keep
3	Something your body lets you do	Something you're looking forward to	A sound you love to hear	A cozy thing you're thankful for	A way someone showed kindness	A time you helped someone
4	A mistake that taught you	A favorite thing in your room	A tool or technology that helps you	A community helper you appreciate	Something in nature you're grateful for	A smell that makes you feel good
5	A song that boosts your mood	A hobby you're glad you have	Something that made you laugh	A challenge you handled	A new thing you learned	A comfort when you're stressed
6	A way you can show gratitude today	Someone you miss (and why)	A favorite holiday or celebration moment	Something you're grateful to have	A compliment you've received	A hope you have for the future

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