



“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”

GRATITUDE ATTITUDE GAME



1. 
- Who in your life are you most thankful for?
 - What small act of kindness did someone do for you recently that you appreciated?
 - What has made today better than yesterday?

2. 
- Name a place you were grateful to visit.
 - One thing you are grateful for today.
 - Where do you go when you are feeling down to make you feel better?

3. 
- Name something you are blessed to have?
 - Can you think of a challenge you faced that you're thankful for having experienced?
 - What do I like most about the area that I live?

4. 
- What have you done today to make you feel proud?
 - Describe a recent moment that brought you joy or happiness.
 - What can I do for others to show that I care?

5. 
- What talent or skill are you blessed with?
 - How has someone's advice or guidance positively impacted your life?
 - Who has made a positive impact on my life recently?

6. 
- Reflect on a time you helped someone else, how did it make you feel?
 - Name one thing you love about YOU!
 - What am I most looking forward to next week, next month or next year?

7. 
- Which part of the day do you love the most and why?
 - Reflect on a moment that made you feel relaxed.
 - What am I taking for granted that I'm thankful for?

8. 
- What is a recent achievement, big or small that you are proud of?
 - Who in your life makes you laugh the most?
 - What is the kindest thing somebody said to me recently?

9. 
- Who is a mentor or role model in your life that you're grateful for and how have they influenced you?
 - What have you learnt today?
 - What would I never want to change about myself?

10. 
- Name a book, movie or song that makes you happy and puts you in a good mood.
 - Name something you love to do in your spare time.
 - What is one thing you like about your personality?

11. 
- Do you have a memory that brings you joy when you think about it?
 - What could make today great?
 - What is my favourite song and why?

12. 
- Something about your home or living situation that you are grateful for.
 - Name somebody you know you can talk to if something is bugging you.
 - What is a life lesson are you grateful for learning.

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UK - 08088010677

The Mix
24/7 Crisis Messenger: THEMIX to 85258
TheMix.org.uk 08088084994

“ Free Services that can support you! ”

#EDit Views

This has been developed by our Doncaster Youth Council as part of their ED Awareness Campaign. For more info please get in touch!
YouthCouncil@Doncaster.gov.uk



City of Doncaster Council



!! If you or somebody else needs urgent help or in immediate danger call **999**.
If you are looking for medical advice contact your **GP or 111**.