

## Grateful Writing Activity

*Directions:* Think about someone who has made a positive difference in your life. Maybe it is a family member, friend, coworker, service worker, partner, etc. Now write a letter thanking them for the positive impact they have made on you. Describe what they did and how that has improved your life. Encourage students to actually send the letter to the person if they feel comfortable.



The University of Texas at Austin

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