

Name _____

The Magic of Gratitude: Counting the Benefits

Short Answer Key

1. Practicing gratitude can improve mental health by reducing stress, anxiety, and depression. It helps individuals focus on the positive aspects of life, even during challenging times.
2. Answers will vary, but examples could include expressing gratitude to a friend for their support during a tough time, which strengthened the friendship.
3. Gratitude helps individuals become more resilient by allowing them to find silver linings and lessons in difficult experiences, ultimately helping them bounce back stronger.
4. Answers will vary. Students should describe a personal experience where practicing gratitude made a positive difference, explain the situation, and discuss the emotions and outcomes.
5. Answers will vary. Students should describe a situation where they encouraged others to practice gratitude, explain the actions taken, and discuss the impact on the group or community.

