

Name _____

The Magic of Gratitude: Counting the Benefits

Open-Ended Response Answer Key

1. Answers will vary. Students should reflect on a challenging situation where practicing gratitude was difficult, explain how they eventually found something to be grateful for, and discuss the lessons learned.
2. Answers will vary, but students can discuss how a world where everyone practiced gratitude might lead to more positivity, stronger relationships, and a greater sense of well-being. They can also mention potential challenges in achieving universal gratitude.
3. Gratitude inspires generosity and kindness by fostering a deeper appreciation for the positive aspects of life, which, in turn, motivates individuals to share their abundance with others. Students can provide examples of how gratitude can lead to acts of kindness.
4. Students should share a personal goal related to practicing gratitude, outline the steps they plan to take, and explain the positive impact they hope it will have on their overall well-being and relationships.

