

- Write about a place that you love to visit.
 - Where is it and what makes it wonderful?
- Write about someone who has helped you recently.
 - How could you tell them that you appreciate their help?
 - Could you do something to help them in return?
- Describe how you helped someone recently.
 - How does helping someone else make you feel?
- Think about when you made a mistake and someone helped you with it.
 - How did they help you?
 - What have you learned from fixing that mistake?
- Write about something or someone you have taken for granted recently.
 - Does thinking about it remind you to be grateful for it?
- Are there animals in your life that comfort you?
 - Describe how they help you.

