



Gratitude Prompts



Although shifts can be hard work, trying to add some positivity to your day or your overall outlook can help your wellbeing, overall health and sleep. Use these gratitude prompts to help you focus on the good things. Respond to each one out loud, or reflect on it in a journal.

Visit the Oscar Kilo website to download other guides in our Better Sleep toolkit: www.oscarkilo.org.uk/family-life

Family

What do you most like to do with your family? What are you most grateful to your family for?

Challenge

What's caused you stress or pushed you outside your comfort zone? What did it teach you that you're grateful for?

Five Senses

Can you think of something from each of the five senses you're grateful for today? (Sight, smell, taste, touch, and sound)

Seasons

What do you love most about each season of the year? Which is your favourite and why?

Friendship

Who is a friend outside your immediate family that you're grateful to, and why? Bonus: share this with them!

