

Gratitude

High School Activity Booklet



Unplugged

www.live-unplugged.com

A message from **Unplugged**

Hi! To be honest, I am obsessed with my phone. Sometimes I find myself scrolling for hours on end. However, after learning about and experiencing the negative impacts of cell phones on teenage brains and their link to increased mental illnesses such as depression, anxiety, low self-esteem, and more, I decided to do something about it.

I launched Unplugged to provide fun and engaging activity booklets for high school students looking for an alternative to their devices, like I was. Through challenges, journal prompts, and activities, I hope to inspire students to put down their phones and enjoy the world around them. All of the activities I included within the Unplugged booklets are rooted in positive psychology and are designed to promote curiosity, gratitude, bravery, and creativity.

With Unplugged, I aim to help improve teenagers' mental health and well-being, acknowledging that excessive phone usage can create a dependency that makes it hard to connect with others and focus on tasks, which can make you feel alone. By providing students with the tools to engage with the world more meaningfully, I hope to encourage positive growth within young people like me, enabling them to build healthier relationships with others and—most importantly—within themselves.



Why Gratitude?

GRATITUDE

/grat·i·tude / • noun

The quality of being thankful; readiness to show appreciation for and to return kindness.

Practicing gratitude allows us to appreciate what we have. By focusing on what is good in our lives, we become more generous and compassionate while also building stronger relationships and feeling more connected to others.



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Gratitude Log

Write down one thing you are grateful for daily for 30 days! It can be big (like your family) or small (like bubble gum), as long as you are thankful for it!

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Gratitude Quotes

*“Always have
an attitude
of gratitude”*

— Sterling K. Brown

*“If you concentrate on
what you don't have,
you will never, ever have
enough.”*

— Oprah Winfrey

*“Feeling gratitude and
not expressing it is like
wrapping a present and
not giving it”*

— William Arthur Word

Gratitude Dig

Dig deep and reflect! These questions are designed to practice your gratitude!

What are you most grateful for?

Who is someone you are grateful to have in your life? Why?

What is something you are grateful to have learned?

What is a place you are grateful to have visited? Why?

What is a quality about yourself you are grateful to have?

Gratitude Resources

PODCAST

"The Daily Gratitude Minute"
- Scott Colby

BOOK

"The Good Life"
- *Robert Waldinger M.D and Marc Schulz Ph.D*

PODCAST

"The Science of Gratitude and How to Build a Gratitude Practice"
- Huberman Lab



Gratitude Challenge

The best way to grow your gratitude is to practice gratitude. Complete each challenge below, and then reflect on your experience.

Write a handwritten thank you card to your favorite teacher and give it to them.

Tell one person in your family you are grateful for them and why.

Do something that would help someone else (even if they might not express their gratitude)

Write down all the reasons you are grateful for yourself. Hang it in your bedroom.



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