

Gratitude



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REFLECTION QUESTIONS

1. Look at the picture.

- What is she thinking about?
- What is she feeling?

2. What is gratitude and why is it important?

3. What are some of the things in your life that you're grateful for?

4. Share about a time you expressed gratitude to someone. What was it for? How did they respond? How did it feel to you?



DID YOU KNOW

Did you know that being grateful can actually make you happier? It's true! People who practice gratitude are more optimistic, feel better physically and emotionally, and even sleep better. Gratitude can be as simple as remembering to say "thank you". It might take more effort, such as keeping a gratitude journal.

LET'S PRACTICE

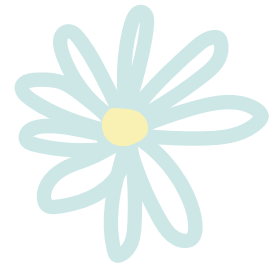


(Choose one or more of the following activities, depending on the age of the child(ren) and the time available. Be mindful of perceptions based on culture and lived experiences.)

1. Sometimes it's hard to think of all the things you're grateful for, especially when you're not in a good mood. Here are some suggestions that might help...

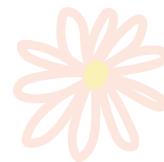
- Start with people in your life:
 - Name someone in your family you are grateful for.
 - Name a friend you are grateful for.
 - Name someone from your school you are grateful for.
 - Name anyone else you are grateful for.

- Start from little to big:
 - Name something you're grateful for about your body.
 - Name something you're grateful for in your room.
 - Name something you're grateful for in your home.
 - Name something you're grateful for in your community (school, neighborhood, etc.).
 - Name something you're grateful for about your culture.
- Try going through the alphabet:
 - Name something you're grateful for that starts with A.
 - Name something you're grateful for that starts with B.
 - Choose a new letter of the alphabet every day.
- Try looking at different time periods:
 - Name something you're grateful for today.
 - Name something you're grateful for this week.
 - Name something you're grateful for that's coming up.



2. Create a gratitude scavenger hunt.

- Find something that makes you feel happy.
- Find something that helps someone else feel happy and give it to them (ie: a flower, a hug, a favor, a compliment, etc.).
- Find something that's your favorite color.
- Find something that smells good.
- Find something that helps you feel calm.
- Find something that represents your culture.
- Find someone you know who loves you.
- What other things can you add to the hunt?



3. Reflecting on the reasons why you are grateful for something creates an even greater sense of happiness.

- Choose one thing you're grateful for and think of 3-5 reasons why you are grateful for that thing.
- What did you notice about how you felt while thinking about the reasons you were grateful?

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4. To continue your gratitude journey, consider one of the following:

- During a family or class meeting, ask each person to share something they are grateful for.
- Start a gratitude jar.
 - As you notice things you are grateful for, write them on strips of paper and put them in the jar. Later you can read those strips when you need a reminder.
 - Put marbles or something similar in a jar to symbolize things you're grateful for. That way you can see at a glance how many things you have to be grateful for.
- Start a daily gratitude journal. Write down things you are grateful for each day.
- Have a family or class gratitude wall. Hang a poster where everyone can reach and see it. All family or class members can write or draw on the poster things that they are grateful for.
- Show that you're grateful for what you have by contributing to others. Think of ways you can support someone who needs help or just be there for someone who needs a friend.

