

Start
each day
WITH A
grateful
heart

Thankful Tuesday

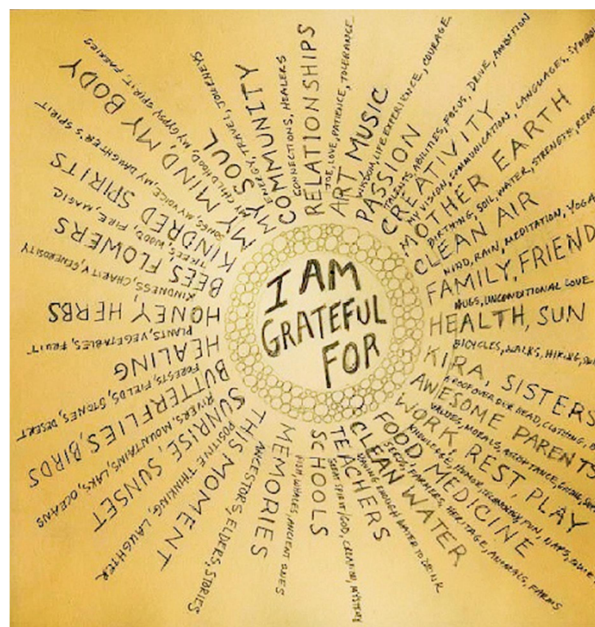
Today we are we learning about gratitude and how to focus on all the good around us. Gratitude does more than make us feel good, it does us good. What's more it's good for other people too. So thanking the people we're grateful to increases happiness all round.

One of the ways gratitude does us good is by helping us to build our relationships with other people, which makes them and us happier. Science shows that gratitude increases how willing we are to help and forgive others, which helps us all get along.

Gratitude also helps us feel valued which is a basic human need. We all have it. But sometimes we don't realise that we've had a positive impact on someone else, so it feels good to know. What's more this has a knock-on effect. If we know that others have valued what we've done, we are more likely to do it again, so other people benefit.

Day-to-day most of us usually remember to say thank you to people who do little things we are grateful for, yet we often don't this for the people who have had the biggest impact on our lives.

Sometimes we only think about doing this when it's too late and they're no longer around to hear. This is a wasted happiness opportunity.



Today's Wellbeing Action Plan:

- Think of people you're really grateful to - people who've had a particularly positive influence or impact on your life or who have been really kind. For example, they could be your parents or other family members, friends, teachers, work colleagues, teammates or neighbours.

Junior Classes: Pick one person and draw a picture/make a card showing what they did and how it made you feel happy and grateful.

Senior Classes: Pick one person and write a letter to them. Be specific and clear about what they did for you and how it affected your life then and now. If you haven't seen them in a while, let the person know what you're doing and explain how what they did contributed to the person you are today.

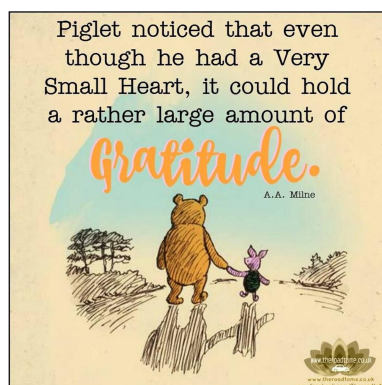
You can either communicate this by post or try a phone/video call to read this to them. Then together you can discuss what you've read, why you felt it important to do and how it has made them feel.

- **The Gratitude Jar:** A gratitude jar is basically a jar full of gratitude! Every time you experience or feel gratitude, write it on a piece of paper and put it in the jar. At the end of the year, you get to open up the gratitude jar and read about the beautiful experiences and people you were grateful for in the year. Make a start today by:

1. Finding a jar to use
2. Design and decorate a beautiful 'Gratitude Jar' label
3. Leave a pen and pieces of paper near the jar.
4. Whatever it is, write it down, put a date on it and put it in!
5. Watch what happens each day as you cultivate the habit of gratitude in your life ☺

- **Gratitude Meditation:** Enjoy a few minutes of reflection today focusing on all you have to be grateful for with the following link or have fun finding your own:

<https://www.youtube.com/watch?v=OCorEILKFQE>



- **The Gratitude Tree:** The gratitude tree is a great activity for children, and it can also be effective for adults who are open to experiencing a childlike sense of fun and wonder! You will need several double-sided coloured sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude. Here's a quick how-to video about the Gratitude Tree :

<https://youtu.be/WcNoq8GL6tY>

- Step 1: Design and draw your leaf shapes on your coloured paper.
- Step 2: Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.
- Step 3: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.
- Step 4: Have you (or your child) draw or write things that you (or your child) are grateful for on the leaves. You can also use photographs if you'd like.
- Step 5: Hang the leaves from the branches, and behold your gratitude tree!

This activity is easy and results in a pretty reminder of the things that bring you or your child joy throughout your daily life. It may be intended for kids but there is no age limit on finding creative ways to cultivate your gratitude, so get to drawing!

