

Learn It!

Gratitude

Being grateful is about focusing on what's good in our lives and being thankful for the things we have. Gratitude is pausing to notice and appreciate things that we sometimes take for granted. For example, having a place to live, food, clean water, friends and family. Trace around your hand on a piece of paper and draw something on/next to each finger that represents something for which you are grateful.

- Little finger** = little things in life, like sunshine
- Ring finger** = relationships (friends and family)
- Middle finger** = a nice thing about someone
- Pointer finger** = point out the beauty around you, for example something in nature
- Thumb** = give yourself a thumbs up.



Get Crafty!

Make your very own gratitude chain to decorate your room.



Music Time

'What a Wonderful World' by Louis Armstrong



Mindful Moment

Engage in this Mindfulness activity from the Institute of Positive Education.



Move It!

Koo Koo Kanga
Roo: Dinosaur
Stomp.



Watch It!

'Grateful'
by John Bucchino



Quoteable Quote

'Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.'

– Winnie-the-Pooh, A.A.Milne

