

What Is Gratitude? How Can It Help Me?

Gratitude is a feeling of being thankful for something. It can be something we touch, like a favourite book or toy, or something we can't touch, like a smile from someone, or words of encouragement from a loved one.

Practising being grateful has an amazing effect on the brain. Researchers, named Emmons and McCullough, found that being grateful can greatly increase our happiness by up to 25%!

How can we practise being grateful? After all, what we practise we become good at, right?

Here are some ideas to help you get started:

1. Play 'I am Grateful...' (2 – many players)

Take it in turns to say what you are grateful for. If there is a small group of you, have 3 turns each, otherwise just have one go.

Example:

Jake: I am grateful that I ate my favourite breakfast this morning.

Ruby: I am grateful that the sun is shining today so I can go and play in the garden.

2. Create a Gratitude Window Display (ask an adult for permission first).

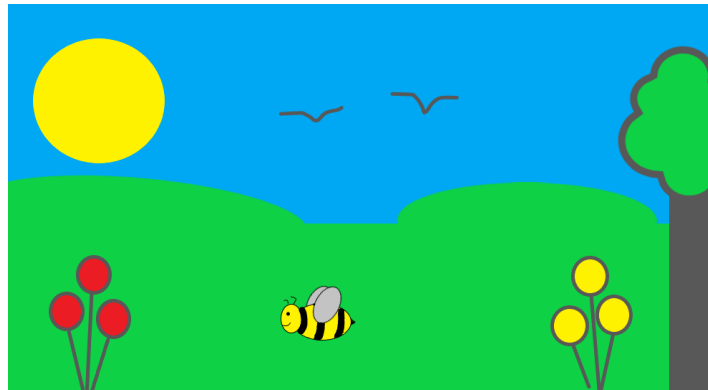
Cut out and colour in some shapes of your choice (or use coloured paper) – hearts, butterflies, rainbows, leaves, any shape you like. Write one thing on your piece of paper that has made you feel grateful. Add one shape everyday until your window is full (Resources below).



3. Keep a Gratitude Diary.

At the end of the day, before you go to sleep, write down 3 things you are grateful for from that day.

4. Draw a Picture to Show What You Are Grateful For.



5. Think of the steps someone has taken to do something for you.

For example: If someone has made you dinner they may have:

- bought ingredients
- stored the food away
- looked up a recipe
- chopped and cooked ingredients
- washed plates, a knife and a fork and set out the table
- served you your food

Remember to show gratitude and say, 'thank you'.

Think of other ideas to show gratitude and share them with everyone.

Have fun!

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