

Gratitude Wall

(For Activity Signs in other languages, click on this [link](#))

Did you know that people who regularly practice gratitude experience more positive emotions, sleep better and express more compassion and kindness?

Here are 7 scientifically proven benefits of practicing gratitude:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

To learn more about the benefits of gratitude, you may want to read these articles:

- [How Gratitude Changes You and Your Brain](#)
- [Giving Thanks Can Make you Happier](#)
- [11 Classroom Activities to Teach Students Gratitude](#)

Or watch this video:

- [An Experiment in Gratitude | The Science of Happiness](#)

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