

Practice Gratitude

Gratitude helps people feel more positive emotions, enjoy good experiences, improve their health, deal with challenges, be resilient and build strong friendships.

Practice Gratitude to improve yourself not to get noticed. When you feel better about yourself, those around you will feel better too!

KNOW

Tell your class / group / buddy something you are genuinely grateful for and why?

Reciprocate

<https://www.begreat.co.nz/the-thankfulness-project>

<https://teachbesideme.com/gratitude-game-pick-sticks/> Junior students

UNDERSTAND

Why gratitude is important and how it contributes to a well functioning community

DO

Make someone's day ... do something to help, to compliment, , to support

Reciprocate

Here are 42 ways you might practice gratitude:

<https://www.good-deeds-day.org/42-ways-to-practice-gratitude-today-and-everyday/>

By Antony and Jacqui