

Mindfulness Weekly – Mindful Gratitude



Hello everyone! Mindful gratitude simply means to tune into our awareness to notice all the good that is around us to feel grateful for, which can bring aliveness, happiness, and satisfaction. It's a practice because the more we pay attention, the more likely we notice. Watch this video (2 minutes) - https://www.youtube.com/watch?v=3JOOS99kI_E. Dr. Robert Emmons, one of the leading researchers in the field of gratitude, talks about how to incorporate gratitude into our everyday lives and how to reframe our experiences to become thankful, positive ones. After watching the video, start your mindful gratitude practice today and notice any changes in your wellbeing as your practice grows. You can support your students' daily gratitude practice with the following prompts:

- Who do I appreciate? Why?
- What made me smile recently? What happened?
- Who helped me today?
- Who was kind to me today?
- What positive things did I notice about my surroundings?
- What did I learn today?
- What act of kindness did I witness today?
- What skills did I use today?
- What was one small victory I had today?
- What obstacle did I overcome today?
- What is one positive thing I can say about today's weather?
- What made me feel energized today?
- What made me happy to be alive today?
- What negative was I able to turn into a positive today?