

Gratitude!

Gratitude can help us find peace & calm by focusing on what we do have rather than what we wish we had. Gratitude settles our insides so that we can think & solve problems better.



Look at the Benefits of Gratitude. Which 5 benefits do you wish you had to have?

Mark, circle or hi-lite.

Why do you think practicing gratitude would help with what you marked?

Emotional Benefits of Gratitude:

- More Good Feelings
- Able to Keep Trying even when the Task is Difficult
- Less Wish you had What Someone Else has, whether that is Stuff or a Skill.
- Happier Memories
- Calmer

Personality Benefits of Gratitude:

- More Content with What You Have
- Feelings that Your Effort will Make a Difference
- Able to Think about how Other People may Feel.
- Increase in Feelings of Self-Worth

Health Benefits of Gratitude:

- Improved Sleep
- Better Able to Fight off Sickness
- Increased Energy
- Playing Outside is more Enjoyable

Social Benefits of Gratitude:

- More Friendships
- Kinder
- Less Drama

School Benefits of Gratitude:

- Easier Time Learning
- Improved Decision Making
- Better Attainment of Goals