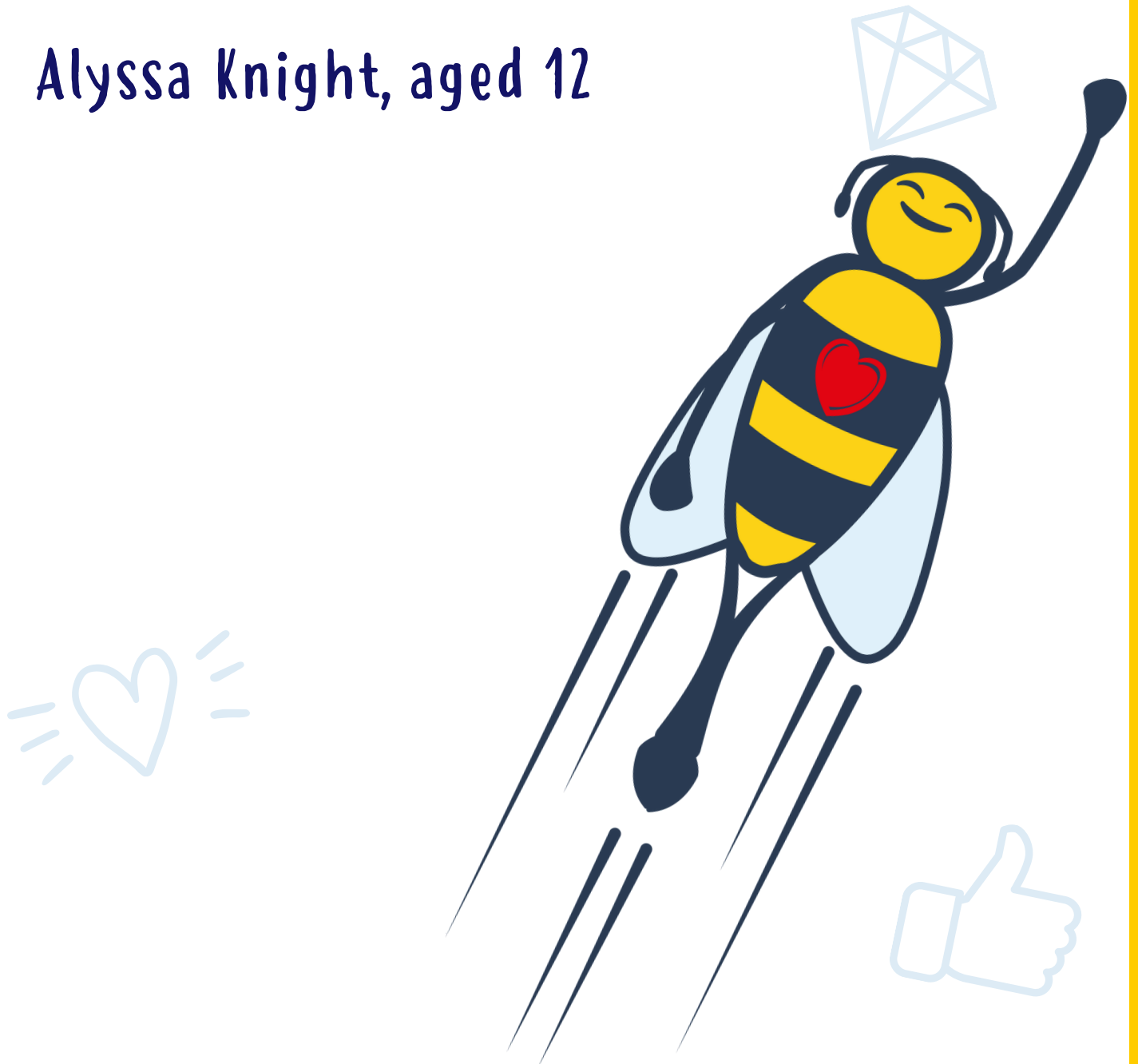


Count your rainbows, not your
thunderstorms...

Alyssa Knight, aged 12



THE POWER OF GRATITUDE

DID YOU KNOW:

Simply put, being grateful makes you happier!

It's a known fact that gratitude has been scientifically proven to help people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. And these are the precise reasons why it's key we teach the art of gratitude to children from the earliest years.

GRATITUDE - AN OVERVIEW

- Today, children are often told to SAY thank you, when they are given something, be it an experience, or something of material value. As a result, true gratitude has been lost. They know what to SAY, but do not think about the affect gratitude has, on either themselves, or others. Gratitude, for many, has been locked into a transaction, and an expected, taught behaviour.
- However, the truest and non-materialistic sense of gratitude - being thankful for the things around us - is a huge life skill that brings so much positivity to society, and improves and strengthens mental wellbeing.
- If we can help children learn to be grateful for the moments of joy that are not materially linked, this attitude will have a ripple effect on the home, the community, and society as a whole. They will be happier, more confident, kinder, more compassionate and they will be more likely to be successful in life.

ACTIVITY IDEAS

First, print, cut out and laminate the symbols on the attached sheets to make small playing cards - kids can colour in the black and white illustrations as part of this exercise

A 'free' sheet is provided as a template for kids to cut out things and stick down and create even more cards

- Choose a card at random and talk about the card, the illustration on it, and why it can be a symbol of gratitude
- Each day in afternoon registration ask each child to choose ONE card to reflect something they are grateful for that day
- Get the kids to make thank you cards using the illustrations of their choice cutting and sticking the image or images down
- Print everything twice and create a pairs game. When pairs are revealed the revealer has to say thanks for something relating to the cards.
- Print off the sheets a number of times and fold each of the cards up and create a Gratitude Jar, so that a different child can pick from the jar each morning and announce something they are grateful for.



