

Practising Gratitude

ABOUT GRATITUDE

Practising gratitude can help foster more positive emotions. Gratitude relates to thankfulness and appreciation. This can be helpful during challenging times as it gives us an opportunity to notice and reflect on the positives in the world. Creating a gratitude jar or keeping gratitude journal can be a fun and creative way for you to practice gratitude. This activity can also help strengthen our relationships with others by showing appreciation and sharing this with our family and loved ones. Nurturing our family relationships and increasing our positive interactions with others will be particularly important during Covid-19.

What you will need to create their Gratitude Jar or Gratitude Journal:

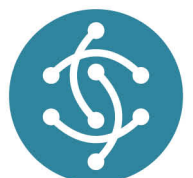
- Jar / Plastic container / Box
- Strips of paper
- Art materials to decorate their container (pictures, cut outs, stickers, coloured wool, inspirational words)
- Blank book / journal



Steps for creating a Gratitude Jar / Gratitude Journal:

- You can create and decorate their gratitude jar using any art materials you have.
- Write up to three gratitude messages on the strips of paper and add them to the jar each day. All family members can contribute to the gratitude jar. You can all write messages about things that happened in your day or people they would like to show appreciation to. For example, "I am grateful that I was able to take my dog for a walk and play fetch" "I appreciate mum for cooking me dinner" "Our family played monopoly together, it was lots of fun and I appreciate the time we spent together"
- At the end of the week you can all sit as a family and read out the gratitude messages that have been written throughout the week.

Reflect on your gratitude messages at the end of each week as a reminder of the positives you experienced and the things you are grateful for.



Here are some ideas that might help when you are creating your Gratitude Jar / Gratitude Journal:

Something good that happened to me today was...

Today I enjoyed...

Something funny that happened today was...

I am thankful for because he/she did
for me today

Something kind that someone said / did for me was...

Something kind that I did for someone else was...

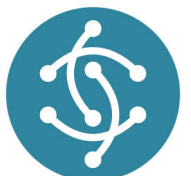
Something someone said to make me feel good...

Something I did to make someone laugh...

Something someone else did to make me laugh...

I am grateful that...

I am thankful for....



Gratitude Journal

TODAY I AM GRATEFUL FOR....

