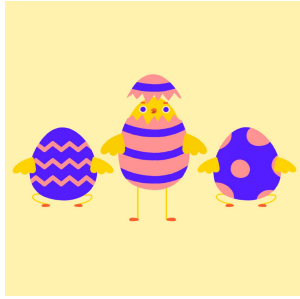




# Gratitude

By Miss Murray



The next 2 weeks of Easter holidays might feel strange...

We will continue to be at home with our family, not travelling, doing certain activities or seeing our friends face to face



So today I thought we could work on preparing ourselves incase we experience some difficult feelings over the holidays, like **sadness**, **worry**, **anger** or **boredom**...

# Have you heard of **gratitude**?

People encourage us to say **thank you** to **show our gratitude** when we receive something.

To be polite.

To use our manners.

And this is important!



# But...

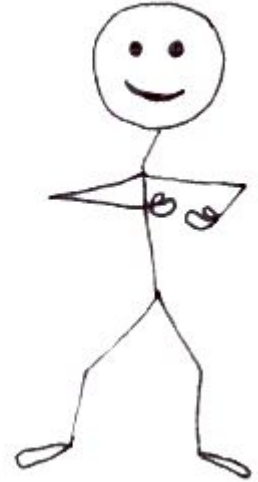
Having an **attitude** (*mindset*)  
of **gratitude** (*thankfulness*) is  
much more than just saying  
thank you to a person...

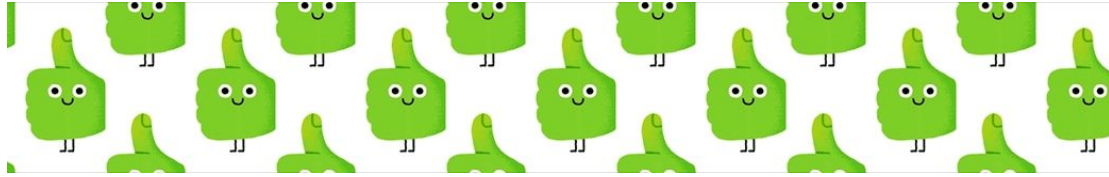


# Having an attitude of gratitude can help us to feel:

- happy
- positive
- appreciative
- confident
- hopeful and
- empathetic (think about how other people feel)

This is  
my  
thank you  
dance!





Developing an attitude of gratitude takes practice (like riding a bike!) so that we become great at it and can experience it easily everyday!

Watch this clip to learn more about an attitude of gratitude!



<https://www.youtube.com/watch?v=T5Umo80x9og>



# Gratitude list, can you try this, **everyday...???**

Say out loud or in your head

To yourself or to a family member or a pet!

A list of 10 things (count on your fingers)

Which you are grateful for.....

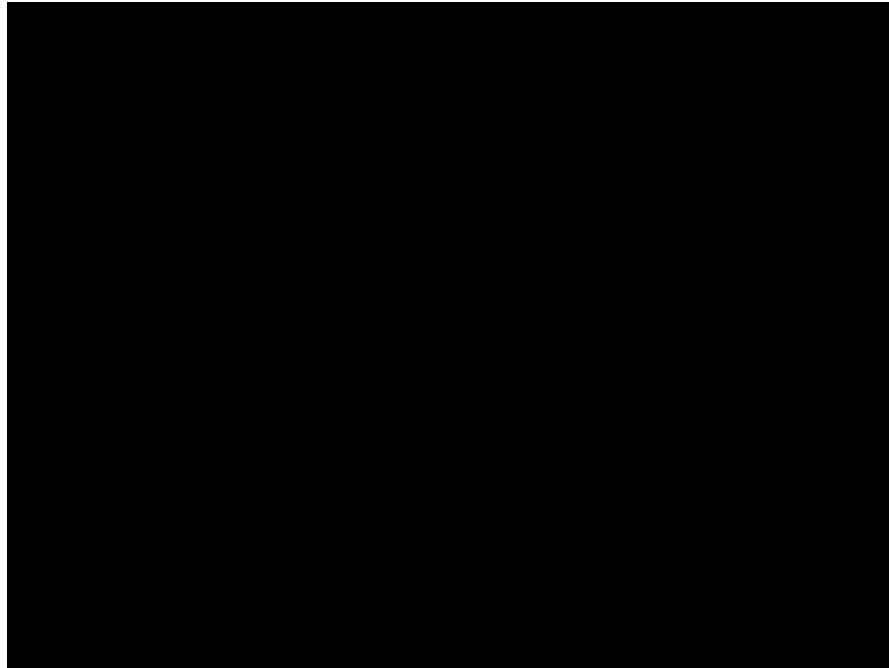
These can be big meaningful things (like your family, your home, your friends etc)

These can be everyday things (like food, bed, clothes to wear, a car to travel in etc)

These can be simple, silly or fun things (like jokes, muffins, smelly candles, bubbles, playstation, blankets, toys etc)



I try to remember to think of and say a gratitude list once in the morning and once at night. Sometimes I even say a list again at lunchtime! Sometimes I come up with a list of 20 things instead of 10!



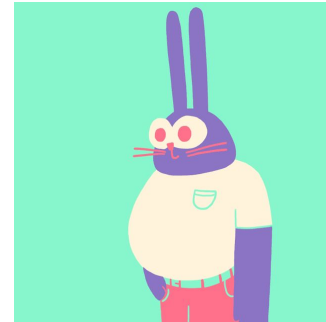
You could leave a **post-it** somewhere around the house to remind you to do your gratitude list each day!

If you are happy to share your gratitude list please type it up, take a photograph of a handwritten gratitude list, take a video of you saying your gratitude list on Google Classroom or post it on Twitter!

I look forward to seeing, reading, hearing some lists - teachers, PSAs, parents are all welcome to do so too!

Take care everyone and see you back on Google Classroom in 2 weeks!

Happy Easter



And remember...

positive bunny post

your hard work will pay off!  
every day you're getting stronger.  
everything you're doing matters,  
so please don't give up.

