

What is Gratitude?

Time Needed:	10 minutes
Group Size:	Minimum of 8 (4 per group)
Objectives:	Students will learn the definition of gratitude and show awareness for the many forms that gratitude can take.
Materials:	Electronic or physical writing tools (pen and paper) OR Shared document that each student can add to
Links/Resources	Nurturing Gratitude from the Inside Out
Activity Description <p>1. Break the class into groups in google meet and give them the task of defining: Who can give a definition of what gratitude is? After responses are documented - you can share - "Gratitude is the feeling of appreciation we have when we recognize all that is good in our lives." or fill in your own personal understanding and provide an example</p> <p>2. Next, have students join their groups to brainstorm and document several examples of what is good in their lives and write anything they are grateful for (whatever electronic platform you choose).</p> <p>3. Collect the students' responses and share all with the class however you choose.</p> <p>4. End the activity with a class, group or individual reflection: How can practicing gratitude regularly be helpful or beneficial for our wellness, mood, mental health? We can feel grateful for the way in which we benefit from the things others give us, aspects of our environment, the actions of others that show care, and/ or the qualities of ourselves or another person. While we all face problems in our lives, making the choice to also notice what is positive in our lives can help us deal with difficult times, and encourages a positive mindset!</p>	
Additional Questions for Reflection	<ul style="list-style-type: none">• How did it feel to write down things you are grateful for?• Why do you think it might be important to practice gratitude?• How can practicing gratitude impact us during difficult times?• How can you express gratitude?