



Gratitude Practice

A great practice that allows other positive emotions to surface and can also have direct physical benefits such as an improved immune system, better sleep and well-being.

You can use a notebook, post-its or ask a grown-up to help you write. You can make a gratitude jar or a 'leaf' to hang on a gratitude tree (could even be a real tree/branch).

Try doing it at a regular time each day, perhaps first thing in the morning, after lunch or just before the end of the day.

Take 5 minutes to think of something that you feel grateful for today. Here are some ideas to help get you started:

- Something that someone else did for you today.
- A skill or ability you are good at.
- AN activity or hobby you are grateful to be able to do.
- A person in your life that you appreciate.
- An item you love.
- A positive quality of someone that can sometimes be hard to get along with.
- Something that made you laugh or smile.
- What you have learnt from something that was hard.



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