



Hi Families,

This week in class, we revisited the concept of gratitude by exploring different areas within in our lives that we are grateful for, such as current blessings, health and body, activities we enjoy and relationships in our life.

Practising gratitude is the ability to notice things in your life and around you (big and small) and appreciate them, rather than thinking about the things you wish you had or might be missing out on. Making this a daily habit rewires your brain to scan the world for the positives rather than default to our negative bias. Over time, this leads to increased levels of energy, happiness, and self-esteem.

TRY IT AT HOME FAMILY ACTIVITY: **GRATITUDE WALL** (PHYSICAL OR DIGITAL)

YOU WILL NEED:

- Time together as a family.
- Technology/devices (optional).

WHAT TO DO:

- Creating a visual representation of all the things you are grateful for is a great way to help you remember how lucky you are, and create a family habit of gratitude.
- Get together as a family. This may be after dinner or just sitting together in the living room.
- Discuss ways you could visually create a gratitude wall, either physically or digitally.
- Ideas include:
 - » Making a family digital collage together that you can all use as your screen saver on phones, computers, iPads etc.
 - » Start a family gratitude journal where everyone can write and paste pictures of things they are grateful for throughout the year. At the end of the year you can look back on the journal together.
 - » Start a gratitude jar. Each night, family members have to write something that went well for them on a strip of paper and place into the gratitude jar. Once a week, get together to read out the papers and family members can try to guess who wrote which ones.
 - » Create a family gratitude movie/photo show using pictures of things you are all grateful for and some of your favourite music (might need to compromise here!).
- Spend time creating it as a family, chatting about ideas as you build.

Family Gratitude habit builder:

Every night at dinner, have each person describe the favourite part of their day and explain why.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.

