

Gratitude

Working on **gratitude** helps us to be **thankful** and **appreciate what we have in our lives**, rather than focussing on what we don't have or what we want. When we practise being grateful, we start to **scan the world to look for positives** – this only takes 21 days!

Benefits of practising gratitude everyday are:



Increased levels of **energy**.



Feeling **happier**.



Become more **focused**, **determined** and **optimistic**.



Better **sleep**.



Lower levels of **anxiety** and **depression**.



Less likely to **get sick**.

Here are some **quick** and **easy** ways to **include gratitude into your daily routine** with your whole family:



Think about a **friend** or **family member** you are grateful for and write them a letter. Tell them why they are **important to you** and what **you love about them**.

Around the dinner table or before bed, have everyone talk about **3 things that went well** for them that day.

Have a discussion of what you are **looking forward to** the following day, week, month.

Check out **TRP@HOME!**

Here, you will find more **activities and ideas** you can use with your family to incorporate **Gratitude** into your lives. There are also **Empathy**, **Mindfulness** and **Emotional Literacy** activities you can use to **spread happiness** and **build resilience**. **TRP@HOME** activities change throughout the year, so don't forget to keep checking in! Click on the image below to check it out.



TRP@HOME