

# GRATITUDE

## **What are our teachers grateful for?**

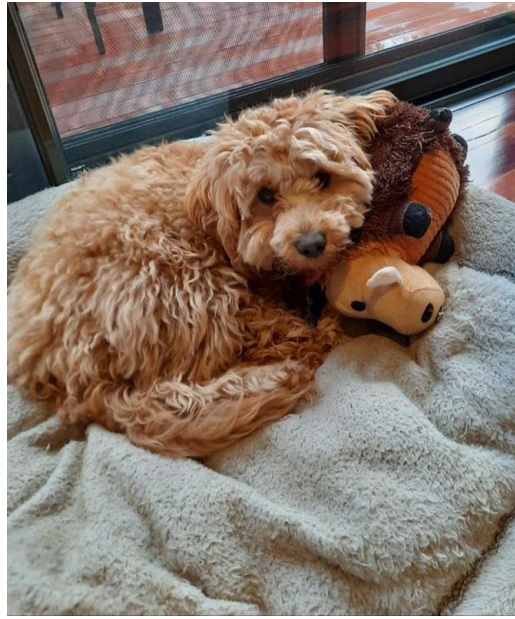
Last week in our Bounce meeting, teachers were asked to take a photo of something they were grateful for. Practising Gratitude helps us tune in to all the positive things around us and enables us to experience more positive emotion (such as joy, excitement, curiosity, happiness, interest, amusement, hope, awe, love)

## **Positive emotion in turns develops our:**

- our scope (up to 75%)
- our creativity
- our connection to one another - 'we rather than me'
- our hope
- our sense of purpose
- our engagement in a task



Ms Recinos - Home baked treats!



Mr Mitchell's Office buddy!



Ms Niven - Gorgeous sunrises from my street overlooking the bay.



Ms Peach – The sweet smell of daphne and jonquils by my front door and puppies!



Ms Ritche – Times when I can be creative. Ms Arulmuruganar – cups of tea on demand!



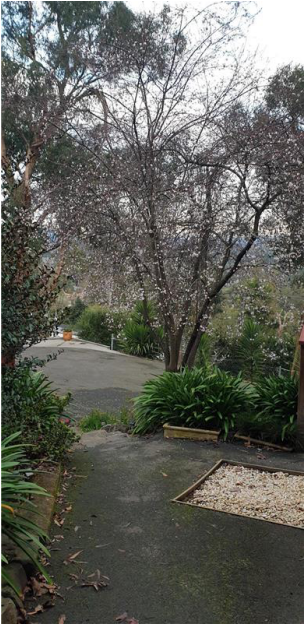
Ms Daugeut Arvo walks by the lake!



Ms Hodges – going for walks with Gansta Frankie! Ms Woollard – hanging out with Pixie



Ms Tawa My dog falling asleep like this 😂. Mr McNamara Dogs around all the time!!

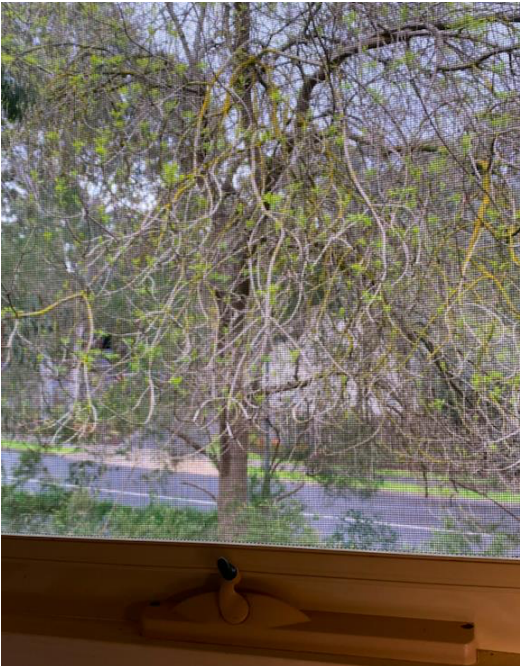


Ms Seath



Mr Palmer - I paint a lot in remote learning.

Ms Bennie – Track dack life!



Ms Fedrizzi - My view of budding shoots on the tree outside my study

Ms Bailey – knitting!