

Hi Families,

This week in our Gratitude lesson, we explored how we can cultivate a mindset of gratitude by appreciating the positive aspects of our lives. We reflected on our most cherished belongings (e.g., a teddy, a card from a birthday, a note from a special relative), recognising that these possessions are more than just physical items; they are likely connected to a special memory, an important relationship or an experience.

Engaging in gratitude practices helps us cultivate thankfulness and appreciation for what we have in our lives, rather than focusing 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! Practising gratitude every day increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression, and we are less likely to get sick. There are so many benefits – let's all try to be grateful for the things and people in our lives every day!

TRY IT AT HOME FAMILY ACTIVITY:

FAMILY TREE OF GRATITUDE

WHAT TO DO:

- As you are sitting around the dinner table, discuss the things or people you are grateful for.
- Give each family member a leaf template (or draw your own) and have them write or draw something or someone they are grateful for. You may choose to do more than one leaf each.
- When complete, share the leaves with each other.
- Use the leaves and brown paper to create your own family tree of gratitude to display in your home. You could continue to add or replace leaves over time.

YOU WILL NEED:

- Time together as a family.
- Leaf template or create your own.
- Brown paper (could be brown paper bags scrunched up).
- Pencils and textas.

Family Gratitude habit builder:

While sitting around the dinner table, invite each family member to share three things from their day that they are grateful for.

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.

