

# Practising Gratitude

## ABOUT GRATITUDE

Practising gratitude can help foster positive emotions – something we could all use a bit more of at the moment! Gratitude relates to thankfulness and appreciation. This can be particularly useful during challenging times as it gives young people an opportunity to notice and reflect on the positives in the world. Creating a gratitude jar can be a fun, creative and engaging way for your child to practice gratitude. This activity can also help promote family cohesion by showing appreciation and sharing this with family members. Nurturing family relationships and increasing positive interactions will be particularly important during this challenging time.

## SUGGESTIONS FOR THIS ACTIVITY

This activity is a great chance to get some craft gear out and let your child be creative. Children will need the following to create their gratitude jar:

- Jar / Plastic container / Box
- Strips of paper
- Art materials to decorate their container (pictures, cut outs, stickers, coloured wool, inspirational words)



### Steps for creating a Gratitude Jar:

- Your child can create and decorate their gratitude jar using any art materials they have.
- Encourage your child to write up to three gratitude messages on the strips of paper and add them to the jar each day.
- Encourage all family members to contribute to the gratitude jar – your child can be responsible for reminding everyone in the household to contribute regularly. For example:
  - “I am grateful that I was able to take my dog for a walk and play fetch”
  - “I appreciate mum for helping me with my homework today”
  - “Our family played Monopoly tonight, it was lots of fun and I appreciate the time we spent together”



- You can sit with your child each night to discuss your child's daily gratitude messages or at the end of the week you can all sit as a family and read out the gratitude messages that have been written throughout the week.

Some children may find it difficult to identify things they are grateful for particularly if they are finding it difficult to adjust to recent changes they are experiencing. Encourage children to write something down no matter how small it may seem. Here are some ideas that might help:

Something good that happened to me today was...

Today I enjoyed...

Something funny that happened today was...

I am thankful for ..... because he/she did ..... for me today.

Something kind that someone said / did for me was...

Something kind that I did for someone else was...

Something someone said to make me feel good...

Something I did to make someone laugh...

Something someone else did to make me laugh...

I am grateful that...

I am thankful for....

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