




“Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of *Gratitude*.”
- A.A. Milne,
Winnie-the-Pooh

A simple line drawing of Piglet and Winnie the Pooh. Piglet is on the left, wearing his signature striped shirt, and Winnie the Pooh is on the right, wearing his yellow shirt. They are both looking towards the right.

Gratitude

Gratitude practice has lots of benefits for adults & children. It is linked to enhanced happiness, optimism and emotional resilience. With the practice of gratitude, we experience a greater sense of well-being. ([Psychology Today](#))

A simple way to start practising gratitude is to share one thing that you're grateful for with your family each day. There are some fun gratitude activities below to try out.

Activities to Practise Gratitude

Gratitude Jar



- ❖ Everyday write or draw a picture of something you're grateful for. (An adult can support younger children.)
- ❖ Use any empty jar (plastic or glass) & decorate it with pictures, glue, paper, ribbons, paint or any way you like!
- ❖ Cut out blank squares of paper to write things you are grateful for.
- ❖ Add a slip each day & soon the jar will fill with reminders of all the good things in your life. If you ever need to be cheered up, read some of the slips!

Gratitude Yoga



Regular exercise is a great way to thank your body and mind.

Gratitude yoga is focused on both inner gratitude and appreciation for the world around us.

Here are some [Gratitude Yoga Exercises for Kids](#)

Gratitude Scavenger Hunt



This is a fun way to teach kids about gratitude and being grateful for the little things in life, as well as the big things! Here's a fun one to try out:

[Gratitude Scavenger Hunt](#)

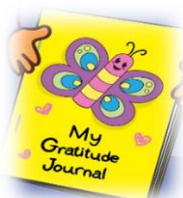
Print or take a photo of the gratitude hunt page in the link above. Take a photo of each item you find. Once you have all the photos collected, you could arrange them in a scrapbook so you can revisit the photos of all your favourite things.



Thank You Notes or Cards

Write a thank you note or card to someone in your life and tell them why you are grateful for them. Add a picture & decorate your note or card as much as you like!

Gratitude Journal



Start a gratitude journal & write down the things you are grateful for. A gratitude journal can help children to reflect and take some valuable time out. Decorate the cover of an old copybook or notebook to use as your gratitude journal. Try to write at least one thing each day.



Gratitude Journal Prompts

1. Something that made you smile today
2. Something funny that made you laugh
3. Your favourite thing when you wake up in the morning
4. Something you are good at doing
5. A favourite place you like to visit
6. An act of kindness someone showed you
7. Modern inventions you are thankful for
8. Something new you enjoyed learning about recently
9. A favourite activity you enjoy doing
10. A favourite food you love to eat
11. Something you appreciate in nature
12. Something that keeps you warm
13. Something that helps you relax
14. A favourite song you love
15. Your favourite things about this season
16. The best thing that happened this week
17. Someone you love to hug
18. Something that makes you unique
19. Something or someone in your community that you are thankful for
20. What did you enjoy the most today?

Guided Meditations for Gratitude

- ❖ [2 Minute Start of Day Gratitude Meditation for Kids](#)
- ❖ [A trip through your grateful garden](#) – 6 mins
- ❖ [Creating awareness of your body, breath, and mind](#) 3:30 mins
- ❖ [Mind Yeti - Hello Gratitude Listen](#) – 4 mins
- ❖ [Bedtime Gratitude Meditation for Kids](#) – 6 mins
- ❖ [3 Minute End of Day Gratitude Meditation for Kids](#)