

Hi Families,



This week in our Gratitude lesson, we explored gratitude through the perspective of giving and receiving gifts. We learned that gifts are more than just objects and had the chance to experience the benefits of giving to others.

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 THANK YOU POSTER

WHAT TO DO:

- As a family, think of a person or another family member you are grateful for.
 - » Examples could include: grandparents, shopkeeper, aunts, cousins, neighbour, family friends.
- Together, brainstorm all the things you love about the person/people you chose and why you are grateful for having them in your lives.
- Create a thank you poster for that person/family.
- If possible, present it to them as a family and watch them smile!

YOU WILL NEED:

- Time together as a family.
- Paper.
- Coloured pencils/textas.
- Someone to show gratitude towards.

Family Gratitude habit builder:

Every night at dinner, have each person describe the favourite part of their day and explain why.

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.

