



Hi Families,

This week in class, we explored gratitude by identifying things we need versus things we want, and reflecting on all the things we DO have in our lives.

Practising gratitude is the ability to notice things in your life around you (big and small), and appreciate them rather than thinking about the things you wish you had or might be missing out on. Making this a daily habit rewires your brain to scan the world for the positives, rather than default to our negative bias. Over time, this leads to increased levels of energy, happiness, and self-esteem.

TRY IT AT HOME FAMILY ACTIVITY:

GRATITUDE SCAVENGER HUNT

WHAT TO DO:

- Get together as a family. This may be after dinner or just sitting together in the living room.
- Create a scavenger hunt list, or use the examples above.
- Each member of the family uses the list, and has to find as many things as they can.
- You can hunt for things inside or outside, or both. You can hunt for real things, or you can also do this using magazines or pictures from the internet.
- After a set amount of time hunting, come back together, have a look at what each person collected and let them explain why they are grateful for each item.

YOU WILL NEED:

- Time together as a family.
- A list of things to include in your scavenger hunt. Such as –
 - » Something that **makes you happy**.
 - » Something you **love to smell**.
 - » Something you **enjoy looking at**.
 - » Something that is **your favourite colour**.
 - » Something that **you like in nature**.
 - » Something you can use to make a **gif for someone**.
 - » Something that is **useful for you**.

Family Gratitude habit builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.

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.

