

When we want to stop focussing on the negative,
being grateful helps us to start thinking positively.
Consider your memories, the facts, and your hopes;
record what you're grateful for to help you
Reflect and Smile.

Something I'm grateful for...

MEMORIES (Remember)	FACTS (Know)	HOPES (Believe)
...that I've learned	...that I enjoy doing	...that I could teach others
...is when I chose to...	...that I own	...that I'm looking forward to
...that makes me laugh when I think of it	...that I can't touch	...that will help me in the future
...that I've worked hard to achieve	...that helps me relax	...that I want to achieve
...that helps me know I'm loved	...that I cannot see	...that challenges me

GRATITUDE - HOW TO BE GRATEFUL

VALUE TOPIC: Gratitude - The feeling or quality of showing appreciation for what you have

CATCH PHRASE: Reflect and smile -
Hurihia tōu aroaro ki te rā (Turn your face towards the sun)

TOPIC SUMMARY

Problem: I'm struggling to be positive. When we find it hard to be positive, we can reflect upon a time that makes us smile and find a sense of gratitude.

Worksheet - Something I'm grateful for...

The purpose of the worksheet is to provide opportunities for students to use the knowledge and understanding gained within the Value Topic .

We're going to have bad days, where it feels like nothing goes our way. We're going to have disappointments, we're going to feel sad, worried, and scared. But we don't want to focus and dwell on these times. Many studies have been done investigating an attitude of gratitude, finding benefits to include; boosting the immune system, improving mental health, reducing aggression, building relationships, increasing resilience in times of trauma. ([7 Scientifically Proven Benefits of Gratitude...](#))

By giving students the opportunity to consider things they remember, know, and hope for and encouraging an attitude of gratitude for these things, they will hopefully continue the practices of gratefulness and reap the benefits for doing so.

SPECIFIC LEARNING OUTCOME	RESOURCE	LESSON SUGGESTION
4. We are learning to identify memories, facts, and hopes that can help us feel grateful and positive.	- 'Something I'm grateful for...' worksheet	<p>Give each individual the worksheet, 'Something I'm grateful for...'. Provide opportunity for students to use the prompts to help them consider things they are grateful for then fill in the spaces provided with their 'memories, facts, and hopes'. Encourage students to keep this handy in times when they are struggling to feel positive as a reminder that not everything is negative and bad all the time.</p> <p>It's important to validate how a person is feeling - it's very ok to feel sad, mad, disappointed, scared - so be careful not to dismiss these feelings.</p>