



STOP, BREATHE & THINK

GRATITUDE



SCRIPT

Gratitude is feeling thankful or appreciative. It helps us to see our own strengths and the support we have around us.

It is natural to have all kinds of emotions, like feeling grumpy or blue, or worried or nervous. Sometimes you know why you have these feelings, and other times you don't. Either way, there is always something you can do, like remembering a few good things that you're happy about. Whenever you are having a hard time, try naming three good things that are happening in your life.

Here are a few examples: Snuggling under the covers in a cozy bed, cuddling with a pet or stuffed animal, a song you like to sing, a game you like to play or something simple, like running fast.

When you think of three good things when you're feeling big emotions, it's not to pretend that whatever is upsetting you isn't happening. It is OK to feel upset. In times like these, it's helpful to remember that you can feel two things at once. You can feel grumpy or worried and nervous about the hard things, and feel grateful for the good things.

SHOUT-OUT OF APPRECIATION CIRCLE

Students can sit or stand in a circle.

Let your students know that only one person may talk at a time.
Some ways of doing this are:

- Passing a "talking stick" or stuffed animal around the circle
- Raising hands and calling on students
- Writing each student's name on a popsicle stick and drawing random names



Begin the activity with your own shout-out of appreciation, and then continue passing around the circle until everyone has had an opportunity to share.

Examples of shout-out themes:

- Focusing on the people in the circle, give a shout-out of of appreciation to an individual or group of people for an action they have done that you appreciate. For example, "I want to give a shout-out to Stacey for teaching me some dance moves at lunch time."
- Think about something you are grateful for in yourself, like a talent or skill.
- Think about the material things you are grateful for. For example: a bed, a hot meal, or a warm shower.
- An experience or memory you've had.

Have students close their eyes at the end of the circle and take 3 breaths, picturing in their minds what they are grateful for.