komodo

# Gratitude guide!

Gratitude is the practice of recognising people, objects, environments or experiences that we are thankful for or happy about. Taking a moment to be present and appreciate the good things happening in our lives is a great way to engage in a positive mindset.

## Gratitude journal

**Choose one of the sentence starters below and spend 5 minutes writing your answer.**

- **What has made you smile today?**
- **Today I am looking forward to..**
- **At this moment I am grateful for..**
- **Someone I would like to thank/am grateful for is..**
- **I enjoy _____ about myself and my life.**

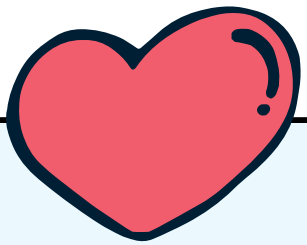


# Gratitude scavenger hunt

**Can you find some things that make you feel happy and thankful?**

- ☐ Find something that is your favourite colour
- ☐ Find something that smells nice
- ☐ Find something that makes you smile
- ☐ Find something that makes a nice sound
- ☐ Find something that makes you laugh
- ☐ Find someone who makes you happy
- ☐ Find something that looks cool
- ☐ Find something that makes you feel safe
- ☐ Find something that makes you feel strong
- ☐ Find something that tastes yummy
- ☐ Find something you haven't seen before
- ☐ Find something that starts with the same letter as your name

**How many did you get?**



What are some things you do at school that make you happy?