

Reflections and Extensions for Gratitude

Questions

How might practicing gratitude regularly affect you and your relationships at school?

How might practicing gratitude regularly affect you and your relationships at home?

How might practicing gratitude regularly affect how you are in the world at large?

Why is gratitude important?

Is there a gratitude practice you intend to carry forward with you once we've completed this module?

Extensions

Thinking Wall

Create a physical or virtual space where students can post/share experiences and reflections in a long term and evolving manner.

Random Acts of Kindness

Invite students to commit random and **anonymous** acts of kindness, either within the school/classroom environment OR at home OR in the world at large. Students can report on them anonymously as well, placing written statements in a box.

CREATIVE ENGAGEMENT FOR HEALTH

