



GRATITUDE

Gratitude is a mindfulness practice that can help you to increase happiness.

Sometimes it's easy focus on what may be going "wrong". Mindfully incorporating gratitude can help to make time to appreciate the things that are going well.

What do I have to be grateful for? Start here:

- **Environment:** Do you have a room, home, yard, school, park, or classroom you enjoy?
- **Relationships:** Do you have a supportive parent, sibling, teacher, coach, friend, or relative?
- **Health:** Do you have the ability to move your body in any way? What about have experiences using taste, touch, or sound?
- **Strengths:** Is there a certain skill, school subject, sport, or talent you have? What about a hobby you enjoy?
- **Nature:** Is there a park, beach, or other outdoor place you enjoy spending time?

How to express gratitude:

- Say thank you. Consider writing a note to someone you appreciate or that has made a difference in your life.
- Think about things you are grateful for or appreciate throughout the day- can be as simple as something in nature, talking with a friend, participating in a fun activity at school, or listening to a favorite song.
- Incorporate a gratitude ritual. At a certain time of day say a few things you are thankful for. This can be on the car ride on the way to school, at the dinner table, or before bed.
- Use the three good things activity to help you think of things you are grateful for.