Gratitude

1

Check in

- What is one thing that you are grateful for this week?

2

Gratitude

- What does gratitude mean to you?
- What does being grateful mean?
- Even when life is full of difficulties and stress, there are usually small – or maybe not so small – things that happen every day that we could be grateful for.
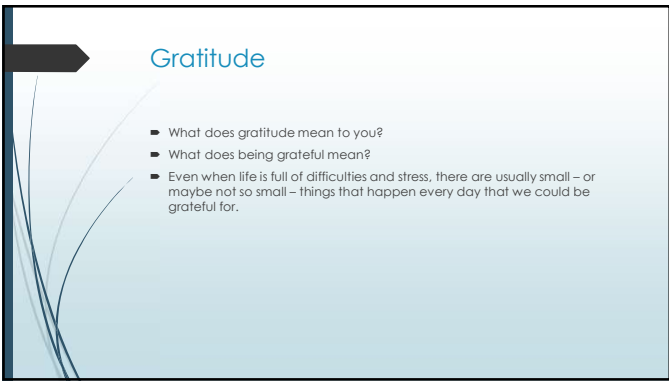
3

Examples

- Can you think of some examples of some everyday things we can be grateful for?

4

Examples

- Can you think of some examples of some everyday things we can be grateful for?
  - A sunset
  - A kind word from a friend
  - A drink of water when you are very thirsty
  - An unexpected compliment you receive
  - Someone letting you in front of them in a long line

5

Research

- Scientists are learning that these kinds of feelings of gratitude are actually good for us, so it helps to pay attention to the little good things that come our way!
- Can you think of any benefits in taking time to feel grateful?

6

Research

- Scientists are learning that these kinds of feelings of gratitude are actually good for us, so it helps to pay attention to the little good things that come our way!
- Can you think of any benefits in taking time to feel grateful?
  - It can help us have a better attitude
  - It can strengthen some of our relationships
  - And it can even help us feel less depressed.

7

Identify someone …

- I want you to sit quietly for a minute or two and look back over your life, even into your childhood, to think about a person who did or said something that changed you for the better (even if the change did not seem to last!).
- Try to visualize that person's face and think about what they did that made a difference.
- The person could be a parent, teacher, friend, employer, neighbor, grandmother – anyone.
- It may be someone you never had a chance to really thank in a meaningful way.
- It could even be someone who has died.

8

Gratitude letter

- Next, I want you to take a few more minutes and write a letter of gratitude – to say thank you – to that person in which you describe what that person did and what it meant to you.
- You can include specific examples and memories you shared together, and if you like, how what the person did affected your life today in a positive way.
- It may have been a "small" thing, but sometimes the little things count the most.
- Begin your letter with "Dear …," and end it with a closing and your name.
- Correct spelling is not important – it is your thoughts that count.

9

Gratitude letter

- Let's share! Share with the group who or what your letter was about. You do not have to read your letter to the group, but you can talk about who the person was to you or what they did that made you grateful.

10

Gratitude letter

- You can fold the letter and place it in an envelope.
- This is your letter and you can do with it what you want. You can mail it to the person or burn it. It is up to you. The benefit of just writing it is enough.

11

Reflection Time

- I want you to sit quietly with the memories and feelings of gratitude what the person did for you to make a difference.
- If you want to share, feel free to do so after a few moments.
- Some people have said they want to "pay it forward" by carrying over what they learned and how they benefited from that person in their life in the little things they do for others today. Will you pay it forward?

12

Summary

- Today we talked about what gratitude means to us. We identified someone who did something for us that impacted us positively and wrote a letter of gratitude for that person. We also discussed if we want to pay that forward.
- Any questions, concerns, or comments?

13