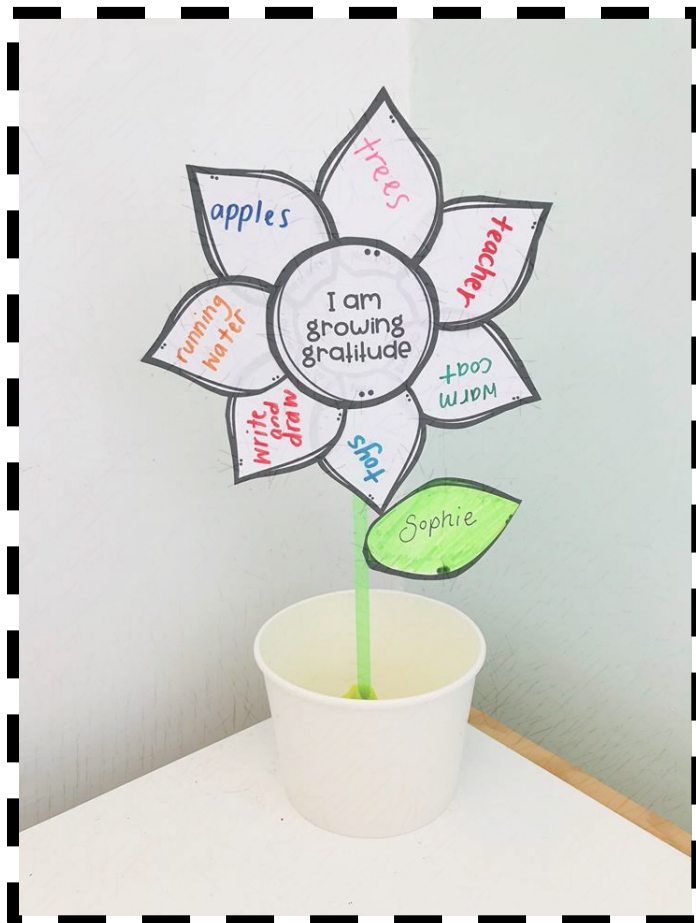


Growing Gratitude



How to use this pack

There are so many benefits to gratitude - improved physical and psychological health, increased empathy and self-esteem, reduced aggression and even better sleep! Let's grow gratitude in our homes and classrooms for happier and healthier students!

Attach the flower center to a straw or pop-stick. Place the straw/pop-stick in a cup for the flower pot. You can use play-doh in the cup to weigh it down and provide a place for the straw/pop-stick to adhere.

Have students draw or write on a petal something that they are grateful for. The first worksheet contains topic ideas to help e.g. something to do with play that you are grateful for - toys, friends, sharing. The second worksheet allows for more freedom with ideas.

Add a petal to their flower each day for a long term project to alter mindset. Alternatively, they can complete the activity in one sitting.

How big can your flower grow?

Have the students keep the flower pots on their desks to remind them of what they are grateful for. They can watch their gratitude grow with each added petal.

Credits:



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I am
growing
gratitude

Family

Clothing

Home

School

Food & drink

Nature

Name:

play

I am
growing
gratitude

I am grateful
for...

I am grateful
for...

I am grateful
for...

I am grateful
for...

I am grateful
for...

I am grateful
for...

Name:

I am grateful
for...