



Gratitude

Practices

Bell Ringers

Writing Prompts

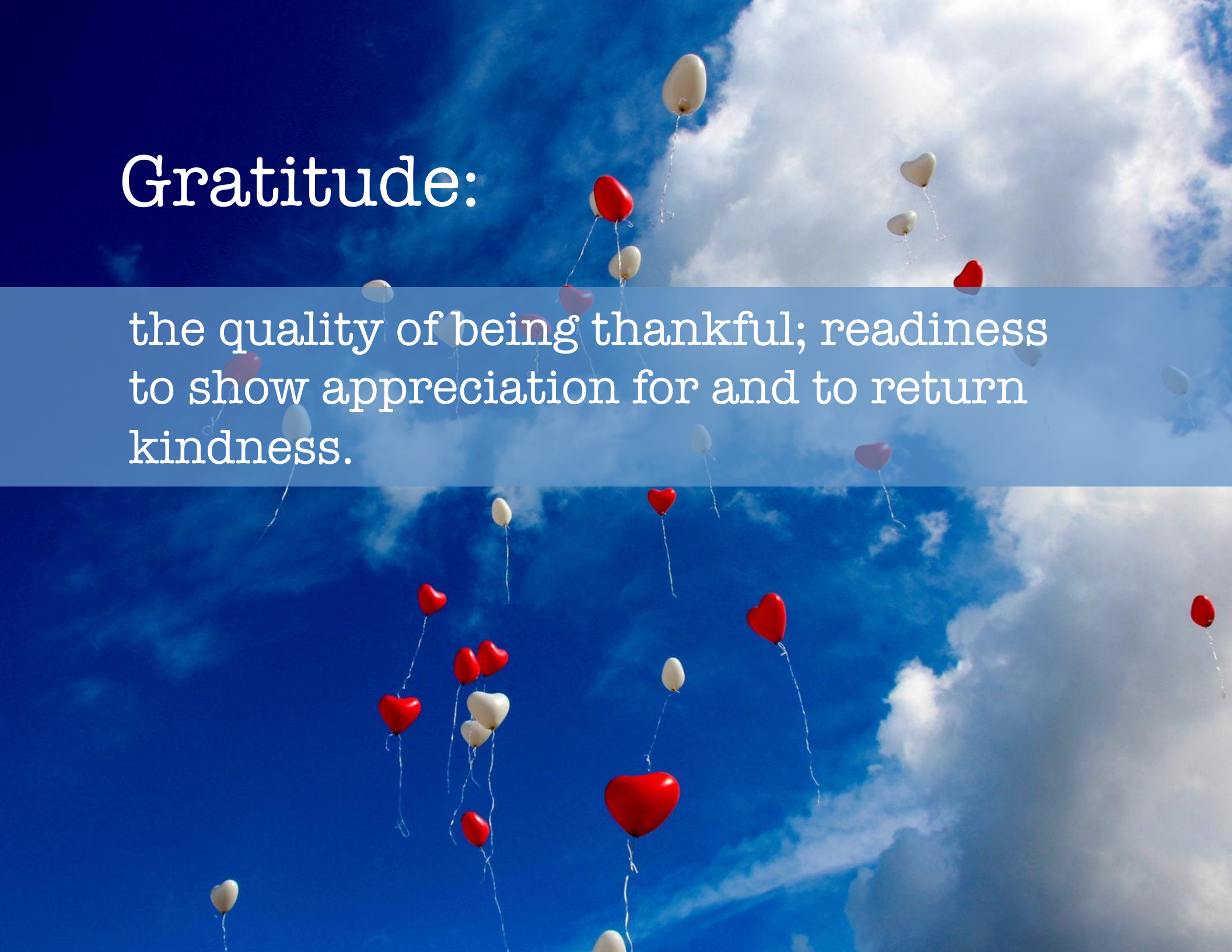
Discussion Starters



What is Gratitude?

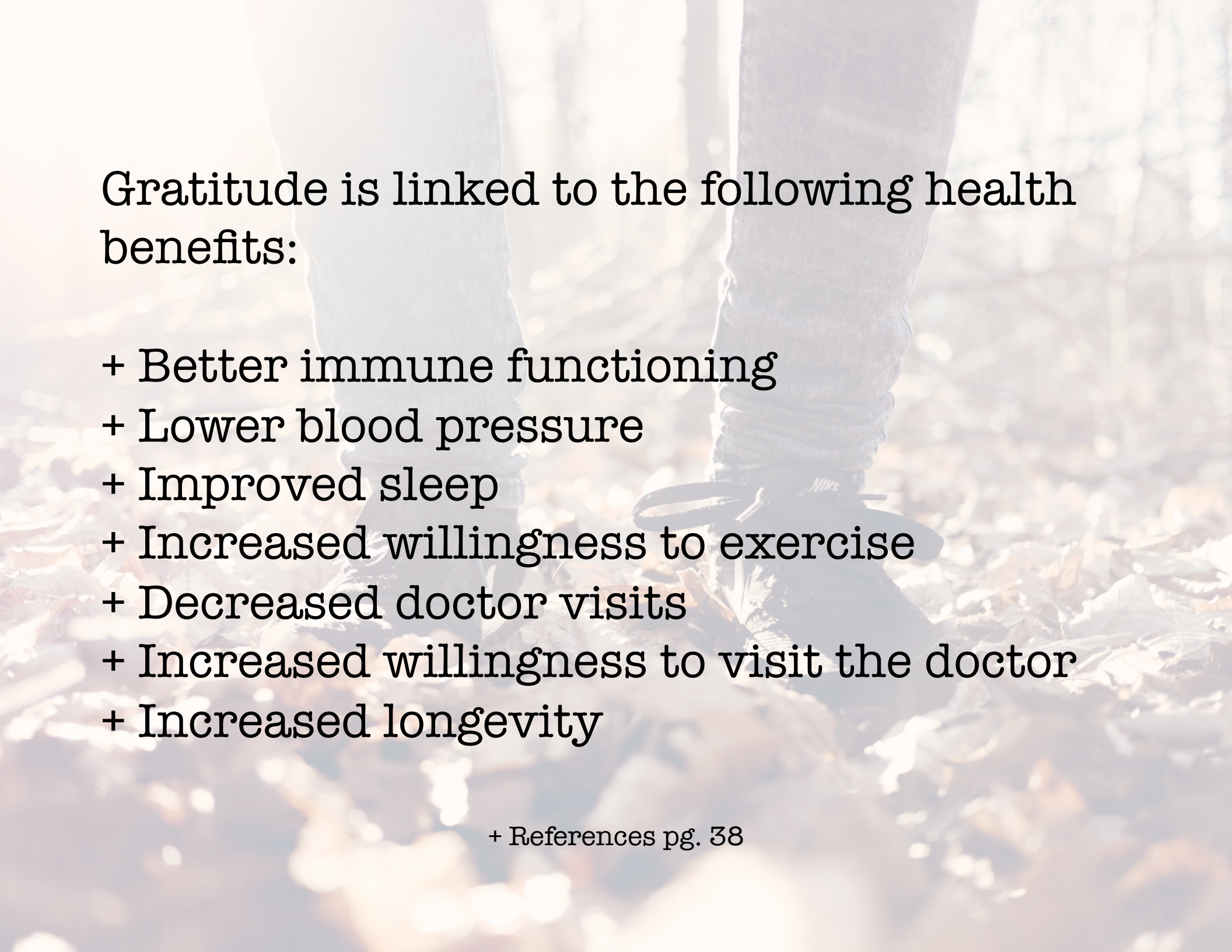
Gratitude:

the quality of being thankful; readiness to show appreciation for and to return kindness.



Why Gratitude?



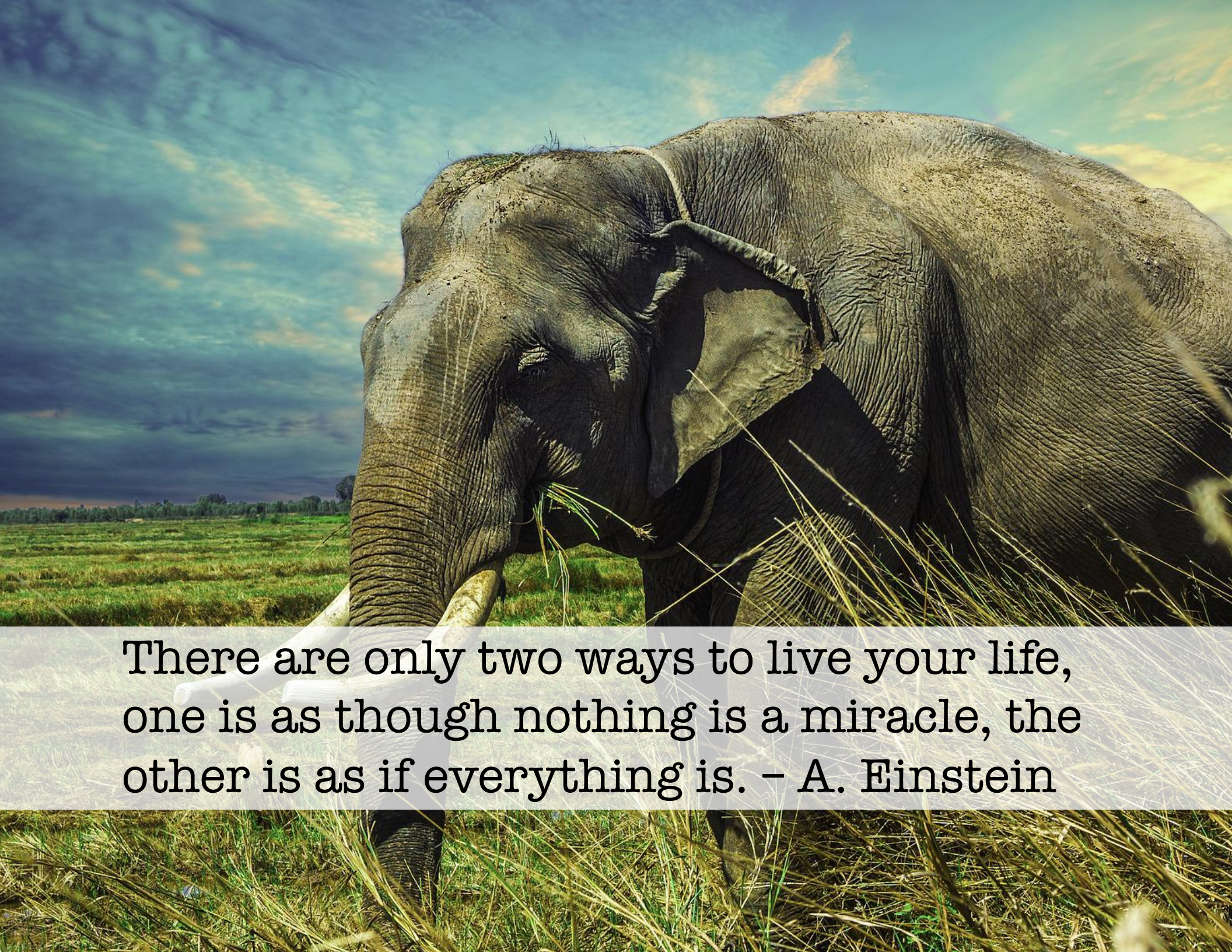


Gratitude is linked to the following health benefits:

- + Better immune functioning
- + Lower blood pressure
- + Improved sleep
- + Increased willingness to exercise
- + Decreased doctor visits
- + Increased willingness to visit the doctor
- + Increased longevity




Gratitude Quotes



There are only two ways to live your life,
one is as though nothing is a miracle, the
other is as if everything is. – A. Einstein

Gratitude Questions



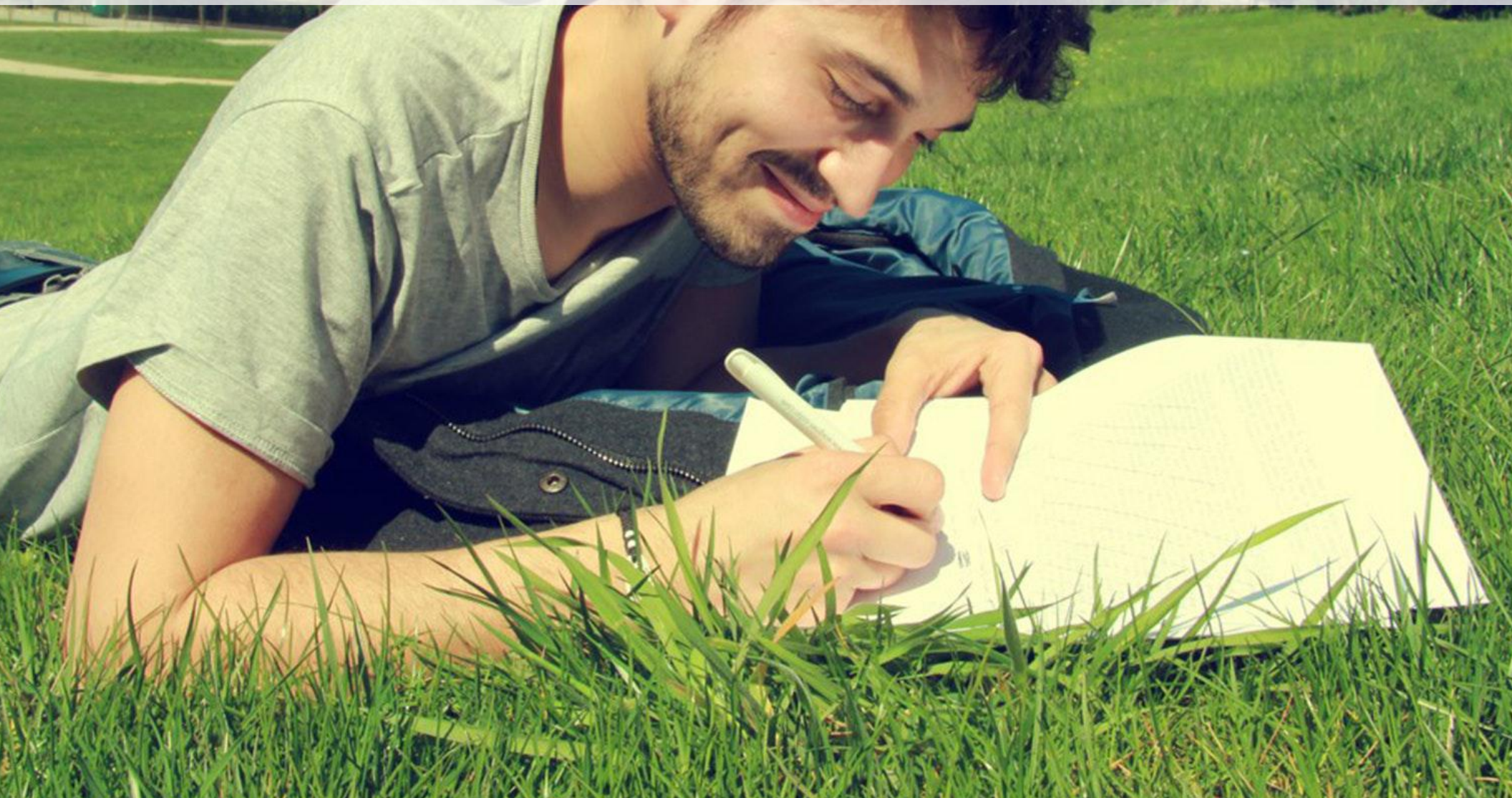
A young girl with dark hair in a bun, wearing a blue sleeveless dress, and a young boy with curly hair, wearing a light blue button-down shirt and plaid shorts, are standing in a field. They are both looking down at a dandelion seed head that they are holding together. The girl is also holding a rope handle of a basket. The background is a blurred field of tall grass and trees.

What act of kindness has made the
greatest difference in my life?

Gratitude Practices



Keep a Gratitude Journal. Whenever you feel grateful write about it. Be specific about what happened and how it made you feel.





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