

## Gratitude Collage

### **How does it help students?**

- This activity enables students to acknowledge and visually perceive what they are grateful for in their lives. As pictures or photos are added to the collage, the work as a collective whole serves as a symbol of positivity and reminder to stay connected to what's important.

### **What will we need?**

- Poster board of appropriate size for time and space
- Magazine or newspaper pictures, personal photos
- Scissors, glue or tape, markers, additional art supplies (as desired)

### **How do we do it?**

- Label the top of your posterboard with the phrase "I am grateful."
- As you flip through the pages of magazines or newspapers, cut out photos that represent and/or remind you of what you are thankful for in your life. This may include people, places, things, or feelings. You may also choose to look through personal photos to find pictures you wish to include in your collage.
- Arrange and affix the pictures to your liking on the posterboard. You may wish to label your photos & decorate the space using markers or other art supplies
- Display your posterboard in a space where it will serve as a positive reminder of all that you have to be grateful for in your life. Feel free to add or change the pictures as you wish.

### **Additional Notes:**

- Students may enjoy presenting these collages to each other.
- Journaling or discussing activities can unfold by asking students to reflect deeply on one element of their collage at a given time.

**Source:** Ackerman, C., & Oppland, M. (2017). 31 gratitude exercises that will boost your happiness [web article]. Retrieved from <https://positivepsychologyprogram.com>