

Gratitude Journal

How does it help students?

- Recording a list of things that students are grateful for allows them to focus on the positive, which can be especially helpful in times of anger, frustration, or anxiety.

What will we need?

- A notebook or journal
- A writing utensil

How do we do it?

- Take a few minutes to record five things that you're grateful for today. They don't have to be big in scope or size. They can material objects or abstract ideas.

Additional Notes:

- Young children may enjoy drawing pictures instead of or in addition to writing a list.
- Grow even more positivity and empathy by allowing students time to briefly share with classmates.

Source: Hawn, G. (2011). *10 mindful minutes*. New York, NY: TarcherPerigee.