

Gratitude Reflection

How does it help students?

- Through guided prompting, students are encouraged to pay attention to the simple aspects of their lives that they are grateful for.

What will we need?

- Nothing!

How do we do it?

- In a quiet space, settle your body into a comfortable posture. Begin to breathe deeply, relaxing your body into your seat and becoming connected to your center.
- Allow your awareness to move to the environment around you: all the things you can smell, taste, touch, see, hear. Say to yourself: “For this, I am grateful.”
- Next, bring to mind those people in your life to whom you are close: your friends, family, teachers.... Say to yourself, “For this, I am grateful.”
- Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: “For this, I am grateful.”
- Finally, rest into the realization that life is a precious gift. You are healthy enough to be here, smart enough to always learn, and kind enough to always love. Say to yourself “For this, I am grateful.”

Additional Notes:

- Gentle music provides nicely accompanies this activity.

Source: StillMind.org. (2018). Try this gratitude meditation, you'll feel wonderful [blog post]. Retrieved from <https://stillmind.org/gratitude-meditation/>