

# How to Practice Gratitude



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## Just pause

- Take a break, look around.  
Do you see anything cool?  
Pay attention, give it some time.  
Can you feel grateful to have it in your life?
- Do you hear anything nice?  
Does a smell tickle your nose?  
Or do you taste something yummy?  
Pause and observe how you feel when  
you think about those things.

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## Write a "thank you" note

- Take a piece of paper, color it and write "thank you" to someone you appreciate.
- Maybe you can draw something beautiful.
- Put the paper in an unexpected place, maybe in a pocket, in a bag, in the office, or even in the fridge!

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## Make a family "box of gratitude"

- Choose a box, or a jar.
- Decorate it! Use different colours, glitter, stickers etc.!
- When you feel grateful for something you can write it down and put it in the box. Ask the others to do it too.
- Take one and read it when you feel that you need to cheer up!

