



Practising Gratitude



Noticing – Pause and become aware of a person, place or thing that you want to appreciate. Did you receive an act of kindness? Are you noticing something simple in your life that brings you joy?



Reflecting – Think about why you've received this act of kindness or what you appreciate about whatever it is you are grateful for? What are some reasons why you are thankful for this person or thing?



Feeling – What emotions are you feeling? When you think about this special person or special thing that you are grateful for, how do you feel? Happy, excited, calm, proud...?



Doing – This is the **action** that you take to express your appreciation! What can you **do** to express your gratitude for this person, place or thing?

