



Gratitude

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Happiness cannot be traveled to, owned, earned, or worn. It is the spiritual experience of living every minute with love, grace and gratitude.

-Denis Waitley



The Science of Gratitude

Research shows the expression of gratitude can increase the levels of the brain's feel-good chemicals, such as dopamine, oxytocin, and serotonin. These neurochemicals are associated with feelings of connection, closeness, and happiness.

Having an attitude of gratitude

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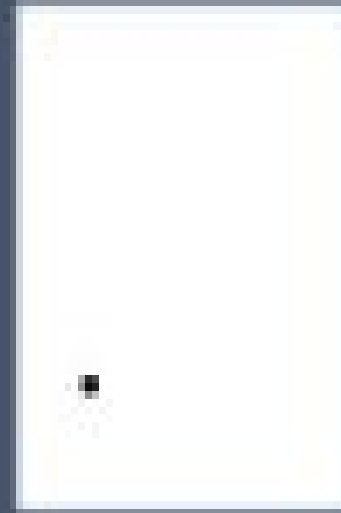
t i resilience

during difficult times.


Those who practice gratitude have more fulfilling relationships.

Individuals who nurture gratitude in their lives tend to live longer, healthier and more contented lives.

A Short Inspirational
Story On
GRATITUDE

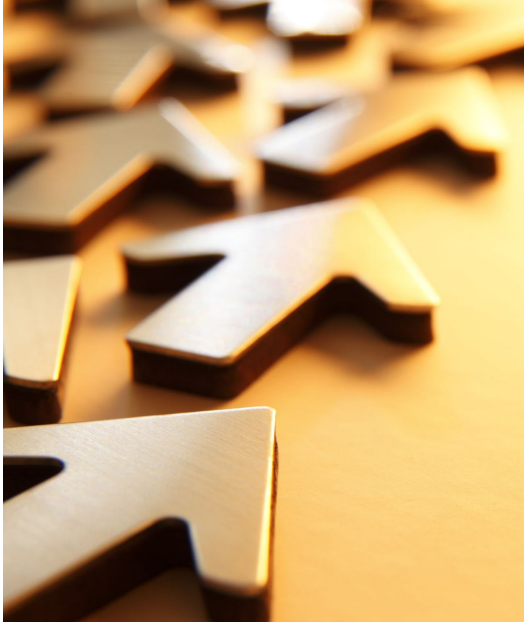


<https://www.youtube.com/embed/pBOqE0JdKMw?si=FfKWvMmnWI-nZArI>



*Gratitude is a choice and
through it we experience
God's grace*

- ❖ With prayer and gratitude we are gifted to experience God's mercies even through our suffering and pain.
- ❖ We may not always see it, but we will feel His peace.
- ❖ Gratitude is the virtue that makes us aware of our daily gifts and it is with gratitude that we give thanks to God for these daily blessings.
- ❖ Gratitude has the power to bring us hope.



Research has shown that having and fostering attitudes of gratitude promote strong relationships and improve individual physical and emotional well-being.

- *It is not a one size fits all so how can educators support the diverse needs of students in their classroom with expressing gratitude-*

Practicing gratitude in the classroom can be done in a short period of time or longer depending on your schedule

- ❖ Identify the resources you have available
- ❖ Provide prompts could be big or small things to be grateful for, such as, everyday things, experiences, nature

Allow the students time to:

Notice- what they are grateful for

Think- about the value of it

Reflect- this part allows students the opportunity to reflect in a personal way, it could be through journaling, writing a poem, song or drawing a picture

Express- allow the students to identify how they could/would show appreciation and gratitude

The power of learning can be greatly enhanced when students are in a positive emotional place

“This is the day the Lord
has made, let us rejoice and
be glad.”

Psalm 118:24



Resources

Count your blessings: Gratitude walks. Count your blessings: Gratitude walks - Teaching Catholic Kids. (n.d.). <https://www.teachingcatholickids.com/count-your-blessings-gratitude-walks/?print=print>

Celebrating gratitude in our classrooms - NCDSB.ON.CA. (n.d.). <https://www.ncdsb.on.ca/schools/pdfs/newsletters/revSJKLNewsOct2011.pdf>

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