



Adding Gratitude to Your Day

The Goal: To encourage gratitude amidst stressful situations.

Materials: Notebook paper, something to write with.

When we are stressed, distracted, or busy it's easy to lose sight of the things in our lives for which we are grateful. It happens to everyone, but in those stressful moments, it's helpful to remind yourself of all you have to be thankful for.

Step 1: Write down things in your life you are thankful for (for example, family, pets, friends).

Step 2: Star your top three (most important to you) and explain in writing why you are thankful for each and how they make you feel.

Step 3: Write a few sentences explaining how you feel after writing about what you are grateful for.

Indigo Indicators: Internal: Managing Stress, Resiliency

CASEL Competencies: Self-Awareness

Ramp Behavior Standard: B-SMS 7 Demonstrate effective coping skills when faced with a problem