



Susan Allen

Gratitude

We're better together

We help you connect to other people, learn about yourself and develop honest and mutually fulfilling relationships.



visionworks

Is gratitude your attitude?

The purpose of these activities is to explore the importance of kindness and encourage the purpose of this activity is to make students aware of the positive effect gratitude has in their lives.

Action:

Show Resource 1. Ask students to write a list of anything in their life for which they feel grateful. Tell them it can be anything at all and maybe give them some examples. Autumn leaves, eyesight, sitting next to their friend in maths... anything. Tell them they have exactly 3 minutes in which to do this and you are going to time them.

In twos/threes students share what they've written. They explore similarities and differences and add more to their list if they want.

Discuss findings as a class.

How do students feel, having focussed on the good things in life?

How do they think they would feel now if they had been focussing on the things that aren't so good?

Show Resource 2. Statement about Gratitude. Vote with show of hands – true or false?

Show Resource 3. Findings of research on Gratitude. Either discuss as a whole class or ask students to discuss in pairs.

Show resource 4. Glass half full/half empty. Ask class to discuss the significance of the metaphor. Encourage them to practice the half full approach and see if it makes any difference. Review in a week's time.

Extension exercise:

Write about a living person for whom you are grateful.

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Resource 1.

A roof over your head.



A holiday in the Maldives.



Maybe you are reasonably healthy



or grateful for your success as an athlete.



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Resource 2.

When you begin to think about what you do have in your life, your self-confidence can grow immensely and you can begin to see possibilities you never thought were possible.

Resource 3.

Research suggests that people who are more grateful have higher levels of well-being.

Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and social relationships.

Grateful people have more control of their environments, their personal growth, their purpose in life, and self-acceptance.

Grateful people have more positive ways of coping with the difficulties they experience in life – they're more likely to seek support from other people, and grow from the experience, and spend more time planning how to deal with the problem.

Grateful people are less likely to try and avoid a problem, deny there is a problem, blame themselves, or cope through substance use.

Grateful people sleep better, and this seems to be because they think less negative and more positive thoughts just before going to sleep.

Whilst many factors help to make people feel good, there is evidence that gratitude may be uniquely important.

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Resource 4.

Is your glass half full or half empty?

