



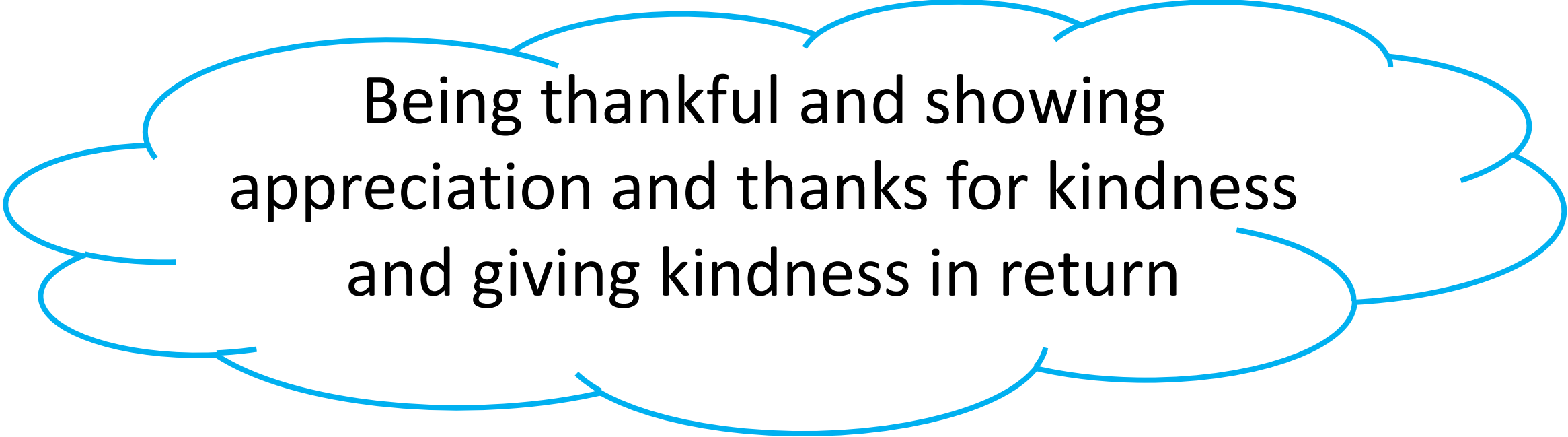
PSHE GRATITUDE

LO – To reflect on what I am grateful for

- I know what gratitude means
- I can think of some things I am grateful for in my life
- I understand that the things I am grateful for might be very big things or very small things
- I know that I can reflect on these things to help me to stay calm and happy



WHAT DOES GRATITUDE MEAN?



Being thankful and showing
appreciation and thanks for kindness
and giving kindness in return

- On Monday we thought about who we were thankful for and made cards for them.
- Today you are going to think about what you are grateful for.
- These might include the same people that you wanted to thank but it might also include being thankful for things like
- Being good at running, riding your bike,
having a lovely garden to play in
having toys to play with
- Food to eat



Today's task:

Think of some things you are grateful for!



- Make a mindfulness Jar (using the instructions sheet) and pop some of the things you are grateful for inside. You can keep adding to this at any time.