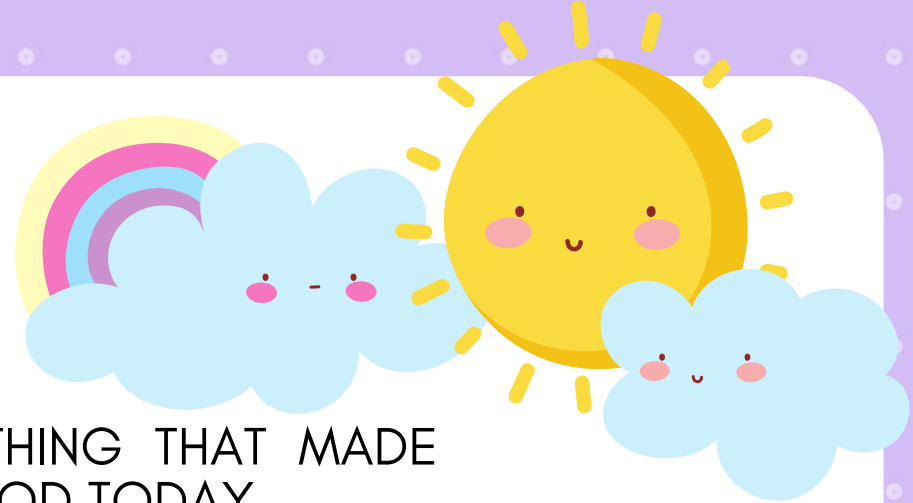




DOSE

DAILY GRATITUDE

DAILY GRATITUDE



THREE THINGS I WANT TO SAY
THANK YOU FOR TODAY...

DRAW SOMETHING THAT MADE
YOU FEEL GOOD TODAY...

1

2

3

Repeat this every day this week and notice how many things there are to be grateful for.

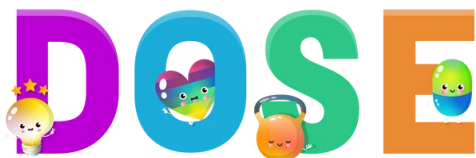


GRATITUDE JAR

Take a pack of post-it notes or just cut off pieces of paper and give them to your friends and family and ask them to write one thing they like about you.

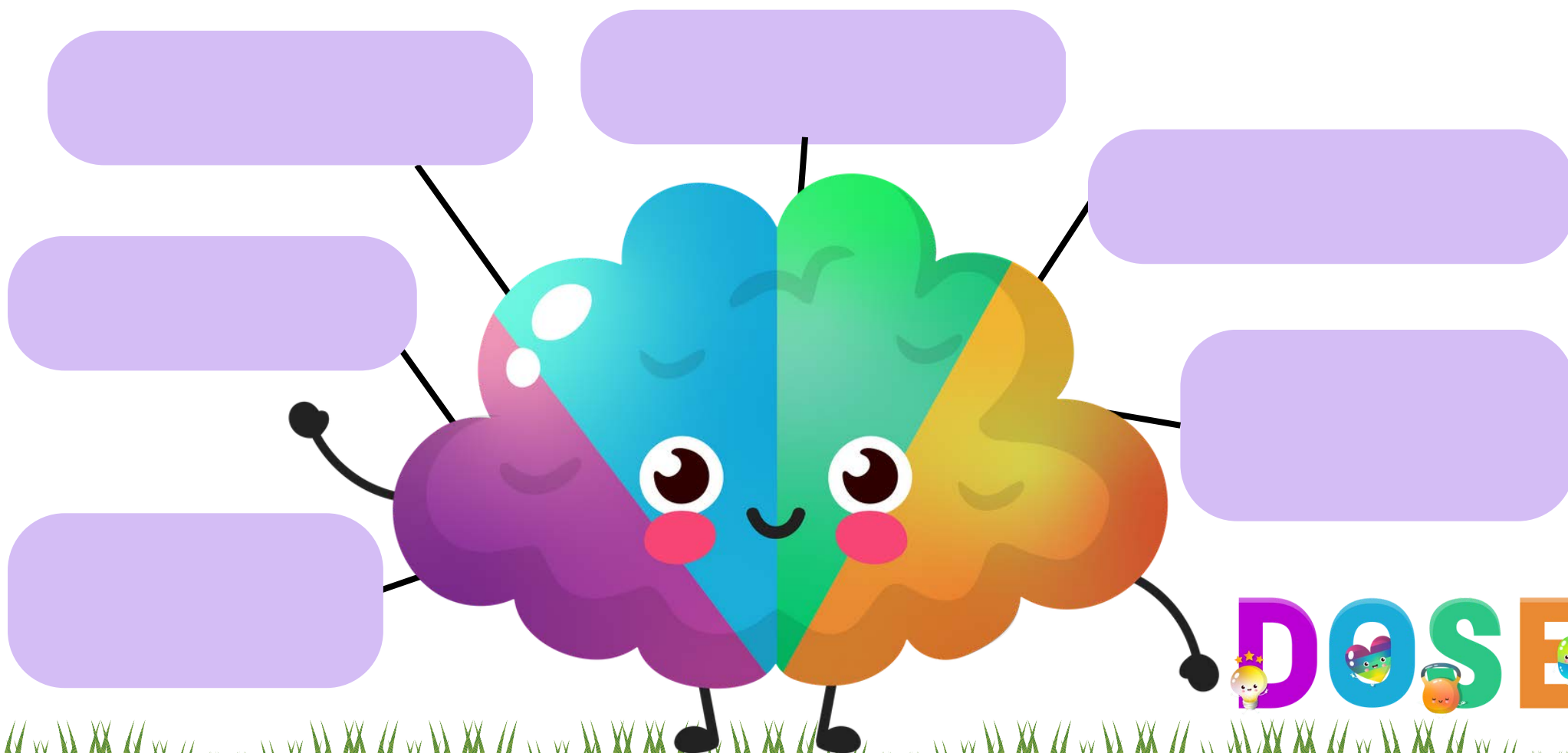
When you get it back, read it, feel thankful for their words. Fold the paper and drop it into your gratitude jar. At the end of the week, take them all out and read them and feel all the love.

You will need post-it notes or paper and an empty jar



THANK YOU FOR MY BODY

Each day this week take 5 minutes to appreciate parts of your body. Choose six parts of your body, think about how amazing it is and what it lets you do.



THANK YOU FOR MY BODY

EXAMPLE

Here are some examples of what you might be grateful to your body for.

THANK YOU FOR MY...

Eyes, they allow me to see
the people I love.

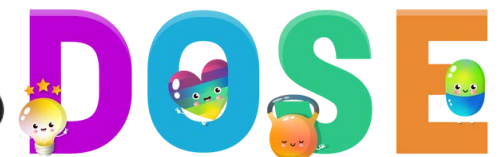
Brain, that allows me to
be creative.

Hands, so I can write.

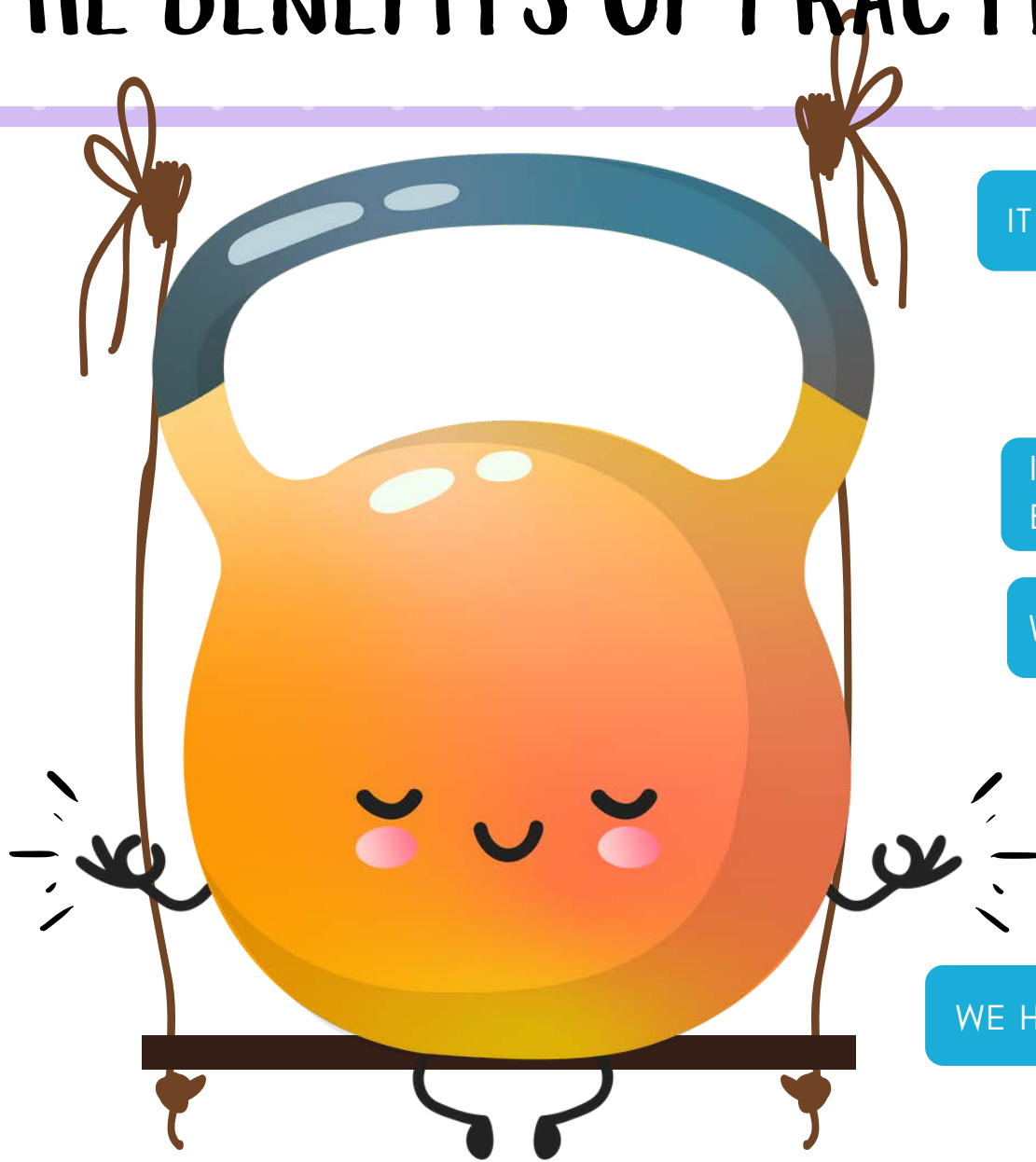
Tongue, so I can
taste my food.

Ears, so I can listen
to my favourite
music

Feet, they allow me
to walk and run.



THE BENEFITS OF PRACTICING GRATITUDE



IT MAKES US FEEL GOOD ABOUT OURSELVES

IT MAKES US FEEL HAPPY

IT MAKES US TRY TO DO MORE THINGS TO
BE GRATEFUL FOR

WE DEVELOP STRONG COPING SKILLS

WE FEEL MORE RESILIENT

IT CAN IMPROVE OUR SLEEP

WE HAVE BETTER PHYSICAL & MENTAL HEALTH



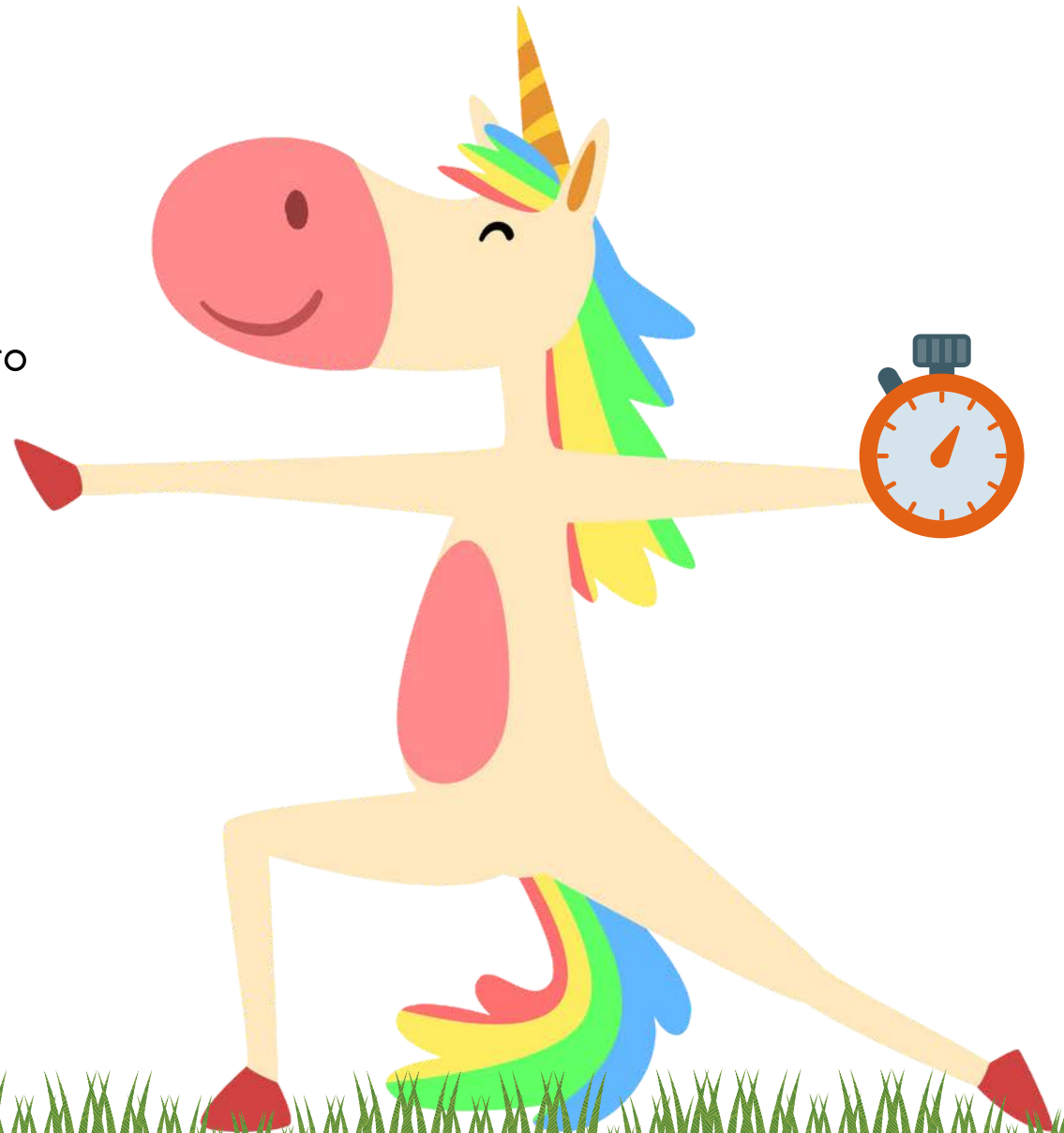
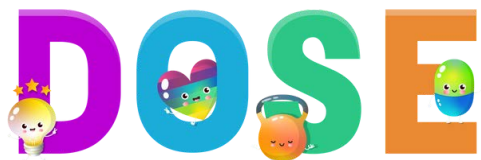
TAKE A GRATITUDE WALK

How long would it take to say Thank you 100 times? Believe it or not you can take 100 gratitude steps in less than two minutes.

Set a timer on a phone or ask someone to time 2 minutes.

Walk around your garden or your house and with every step say the words Thank you. In two minutes you will have said Thank you over 100 times.

Being thankful makes your brain look for more things to be grateful for.



GOODNIGHT GRATITUDE

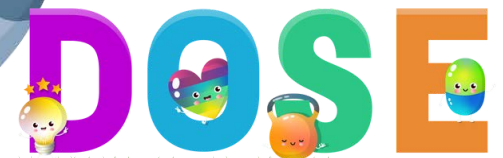
Each night this week try this Goodnight Gratitude activity. Get into bed, lie on your back and relax. Smile like a Cheshire Cat and scan over your day thinking of all the good things that have happened throughout the day. You are trying to find your best moment from the day to say Thank you for.

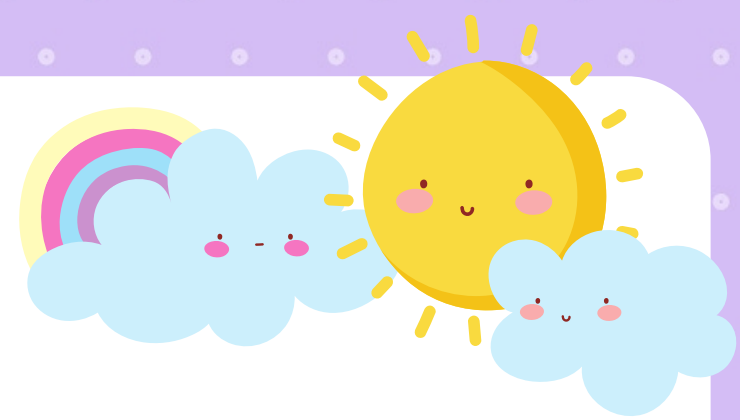
I was invited
to a party

My friend
shared
their
snack

I went to the
park after
school

It was lasagne for
dinner tonight and
that is my favourite





HAVE A GRATITUDE
ATTITUDE



D O S E