

# The Attitude of Gratitude

*The Health and Wellness theme for November is "Gratitude". Many studies have shown a link between the practice of gratitude and wellness. Whether it comes naturally or is something practices, expressing gratitude should be a part of everyone's daily routine.*

## IDEAS FOR PRACTICING GRATITUDE

- Journal about things you are grateful for
- Think about someone for whom you are grateful
- Write to or send a letter to someone for whom you are grateful
- Meditate on gratitude "Count your blessings"
- Practice saying "thank you" and meaning it
- Write out Thank You notes
- If religious, incorporate gratitude into prayer

## ACTIVITY SUGGESTIONS

- Create a "Gratitude Tree" and have team members or kids (with the help of teachers) write down things they are grateful for and hang the leaves on the tree
- Build a gratitude collage out of pictures representing things to be grateful for
- Have participants write down things about themselves that they are grateful for
- Create the "Gratitude Jar" and fill it with slips of paper to be read to everyone periodically

