Power of Gratitude



Gratitude

Finding Gratitude in the Smallest of Things Can Help - Science Says So!

Studies show that, over time, feeling grateful boosts happiness and fosters both physical and psychological health. By consistently tracking what you are thankful for and acting on those feelings of appreciation you can actually boost your immune system!

PsychologyToday.com shares “Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude. It is the emotion that literally pays itself forward."

Can you think of three things you are grateful for?

1. _____

2. _____

3. _____

Gratitude Jar

A fun way to focus on things you are grateful for is by making a gratitude jar!

Supplies to make a Gratitude Jar, Box or Journal
Ribbon
Stickers
Labels
Pieces of paper
Glue stick or glue
Glitter
Colored pens, pencils or markers
your Jar, box or journal with your drawings, words and favorite colors.

Each day, write down something you're grateful for on a piece of paper and put it in your jar.

Some Ideas:

Your family
Your teacher
A friend
An animal
The rain
The sun
A flower
Your food
Something in nature
A hobby
A sport, an interest, a feeling — anything big or small

When you feel sad or need extra encouragement, read the pieces of paper and remember all the people and things you are grateful for.