

# Gratitude



- You may have an ever-growing collection of 'thank you teacher' mugs and ornaments, but even if they don't express it openly, there will be many children and families who are grateful for all you've done for them this year.
- What about you? Who are you grateful to? What would you say in a thankyou card or letter to them? What else are you thankful for in the last year?
- Science clearly shows that cultivating a thankful mindset improves our life satisfaction, our health and our relationships.
- Some people choose to list people and things they're thankful for before they go to sleep at night, keep a gratitude journal, or go on a gratitude walk. What would work for you?

***'I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practising gratitude.'*** Brené Brown