



# WELCOME TO GRATITUDE & APPRECIATION

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Seeking out the goodness all around us,  
appreciating the beauty in life, and actively  
working to see through a lens of  
gratefulness and appreciation.

# DISCOVERY DAYS

7 Days of Gratitude & Appreciation Challenges for Young Learners



## WELLNESS WISDOM:

These activities are meant to be repeated throughout the month. Repetition leads to the installation of healthy habits and knowledge retention.

### DAY 1: JOYFUL JAR

#### Objective:

Encourage children to recognize and express gratitude daily, fostering a positive mindset and appreciation for the little things in life.

#### Activity:

Find or decorate a jar together using stickers, markers, or paint to personalize it. Each day, provide small pieces of paper or notecards and have everyone write or draw something they are thankful for- a favorite toy or a fun activity from that day. Fold and place papers in the Joyful Jar. Make this a daily habit, perhaps during mealtime or before rest time. At the end of the week, gather to open the Joyful Jar. Take turns reading or describing each note or drawing. Discuss how recalling these joyful moments makes everyone feel.

#### Healthy Hints:

- "What was something fun or happy that happened today? Let's write it down and add it to our Joyful Jar."
- "Is there someone who made you smile today? How about we draw a picture of them and put it in the jar?"
- "Think about a toy or game you really love. Let's add a note about it to our Joyful Jar."

#### Nurturing Next Step(s):

- Expand the activity by creating a Gratitude Wall Display. Each note from the Joyful Jar can be a visual reminder of gratitude growing as the weeks go by.



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## DAY 2: GRATITUDE DRAWING

### Objective:

Help children express and visualize their gratitude by creating artwork that represents something or someone they appreciate.

### Activity:

Prepare a comfortable drawing area with paper and favorite art supplies. Ask children to think about something or someone they are thankful for and draw a picture representing their gratitude. Remember: thankfulness can be described as simply as 'someone or something that makes you feel happy in your heart.' Encourage them to use their favorite colors to make it vibrant. Once the drawings are complete, have the children share their artwork with someone, explaining why they are thankful for what they drew. Discuss how it felt to create and share their gratitude artwork, and talk about the importance of appreciating the people and things in their lives.

### Healthy Hints:

- "What makes you feel happy and thankful? Can you draw a picture of it?"
- "Think about a person who made you smile recently. How about drawing them and telling us why you are grateful for them?"
- "Use your favorite colors to make your gratitude drawing bright and cheerful. What do those colors make you think of?"

### Nurturing Next Step(s):

- Create a "Gratitude Gallery" by displaying the drawings on a wall or bulletin board. This can be a visual reminder of all the things the children are thankful for.
- Color Connection: Discuss the colors used in the drawings and ask children why they chose them. This can help them explore the connection between colors, emotions, and gratitude.



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## DAY 3: KINDNESS ROCKS

### Objective:

Encourage children to spread gratitude and happiness in their community by creating and sharing decorated rocks.

### Activity:

Gather some smooth rocks and art supplies like paint, markers, and stickers. Ask the children to think about things they are grateful for and paint or decorate the rocks with words or pictures that represent those things. Once the rocks are decorated, go on a walk together to place the rocks in various locations within the community where others can find them. As you decorate, ask questions like, "What should we put on our rock?" and "How do you think finding this rock will make someone feel?" After placing the rocks, discuss how sharing gratitude can make others feel appreciated and happy, reinforcing the idea that small acts of kindness can have a big impact.

### Healthy Hints:

- "What makes you feel happy and thankful? Let's put that on our rock."
- "Who do you think might find this rock, and how do you think it will make them feel?"
- "Why is it important to share our gratitude with others?"

### Nurturing Next Step(s):

- Create a small garden at home or at school where children can place additional decorated rocks over time. This can be a growing display of gratitude.
- Organize a community event where children and families can search for and re-hide the kindness rocks, spreading gratitude even further.
- Rock Exchange: Pair up with another class or group to exchange kindness rocks, fostering a broader sense of community and shared gratitude.



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## DAY 4: THANK YOU NOTES

### Objective:

Teach children the importance of expressing gratitude by creating and giving personalized thank you cards.

### Activity:

Set up a table with paper, markers, stickers, stamps, and other craft supplies. Ask the children to think about someone in their family or a friend they want to thank. Encourage them to make a simple thank you card using the available supplies, adding drawings, stickers, or stamps to make it special. Once the cards are finished, have the children give their thank you cards to the chosen person. During the activity, discuss how saying "thank you" makes both the giver and the receiver feel good. Ask questions like, "Who do you want to make a thank you card for?" and "How do you think they will feel when they get your card?" After the cards are given, talk about the reactions and feelings involved.

### Healthy Hints:

- "Think about someone who has done something nice for you. Let's make a thank you card for them."
- "How can you make your card extra special? What stickers or drawings will you use?"
- "How do you feel when someone says 'thank you' to you?"

### Nurturing Next Step(s):

- Create a box where children can store blank thank you cards and decorate one whenever they feel thankful, ready to give out when needed.
- Organize an exchange event where children can swap thank you notes with classmates or friends, fostering a culture of gratitude



# DISCOVERY DAYS

7 Days of Gratitude & Appreciation Challenges for Young Learners



## DAY 5: THANKFUL NATURE WALK

### Objective:

Encourage children to appreciate and connect with nature by recognizing and expressing gratitude for the natural world.

### Activity:

Plan a walk in a nearby park, garden, or natural area. As you walk, encourage the children to point out everything they see that they are thankful for, such as flowers, trees, birds, or the sunny sky. Collect a few natural items like leaves, flowers, or stones to remember the walk. During the walk, ask questions like, "What do you see that makes you feel happy and thankful?" and "Why do you think nature is important to us?" After the walk, gather together and discuss why we should be thankful for nature and how it makes us feel. Reflect on the collected items and what each one represents in terms of gratitude.

### Healthy Hints:

- "Look at that beautiful flower! How does it make you feel? Let's add it to our collection."
- "Why do you think the trees are important? How do they help us and the animals?"
- "What sounds do you hear that you are thankful for? Can you describe them?"

### Nurturing Next Step(s):

- Use the collected natural items to create a gratitude collage. This can be a fun art project that serves as a reminder of the things they are thankful for in nature.
- Create a small garden at home or school where children can plant flowers or vegetables, taking care of them and expressing gratitude for their growth and beauty.



# DISCOVERY DAYS

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## DAY 6: GRATITUDE CIRCLE

### Objective:

Foster a sense of connection and community by sharing gratitude in a group setting.

### Activity:

Gather family or friends and sit in a circle. Use a ball or another object to pass around the circle. Explain that when someone holds the ball, they should share one thing they are thankful for. Encourage everyone to listen attentively and respectfully as each person speaks. Continue passing the ball until everyone has had a chance to share. During the activity, ask questions like, "What are you thankful for today?" and "How does it make you feel to share your gratitude?" After everyone has shared, discuss how sharing gratitude in a group can make us feel connected and happy.

### Healthy Hints:

- "What is something that made you smile today? Let's share it with the group."
- "Can you think of a person or thing that makes you feel grateful? Tell us about it when you get the ball."
- "How does it feel to hear what others are thankful for?"

### Nurturing Next Step(s):

- Use a ball of yarn to create a "gratitude web." Each person holds onto a piece of the yarn before passing it, creating a web that visually represents the connections formed by sharing gratitude.
- Encourage each participant to keep a gratitude journal where they write down things they are thankful for each day. Share entries during future gratitude circles.



# DISCOVERY DAYS

7 Days of Gratitude & Appreciation Challenges for Young Learners



## DAY 7: HELPING HANDS

### Objective:

Instill the value of kindness and demonstrate how small acts of helping others can express gratitude and foster appreciation.

### Activity:

Encourage children to choose a small act of kindness to perform for someone in their home, school, neighborhood, or community. Examples include helping to set the table, tidying up toys without being asked, or helping someone carry items. After completing the act of kindness, gather together and discuss the experience. Ask questions like, "What act of kindness did you choose?" and "How did it feel to help someone?" Reflect on how helping others is a way of showing gratitude and discuss how it made both the helper and the recipient feel appreciated.

### Healthy Hints:

- "What kind thing can you do for someone today? Let's think of something that will make them smile."
- "Why do you think it's important to help others? How does it make you feel when you do something kind?"
- "Who did you help today, and how did they react?"

### Nurturing Next Step(s):

- Create a chart to track daily acts of kindness. Each time a child performs an act of kindness, add it to the chart. At the end of the week, celebrate the collective kindness.
- Make and distribute "kindness cards" that children can give to someone they helped. The cards can say, "You've been helped by a kind act!" to spread the joy of kindness further.
- Read books or share stories about kindness and gratitude. Discuss the stories and how acts of kindness made characters feel.





# MONTH OF MASTERY

4 weeks of Gratitude & Appreciation Challenges for Grown Ups



## WELLNESS WISDOM:

The learner's growth is highly dependent on the adult's willingness to grow and stretch themselves.

### WEEK 1: DISCOVERING GRATITUDE IN DAILY LIFE

#### Overarching Goal:

Cultivate a daily practice of recognizing and appreciating small moments of joy and gratitude to enhance overall well-being and positivity.

#### Task:

Create a gratitude board. Each day, add pictures, drawings, or notes of things you feel grateful for.

#### Proactive Process:

##### 1. Set Up the Gratitude Board:

- Choose a prominent place in your home or workspace for the gratitude board, such as your kitchen, office, or a personal space.
- Gather materials like a bulletin board, corkboard, or large piece of paper, along with markers, paper, sticky notes, and other art supplies.

##### 2. Daily Gratitude Routine:

- Establish a daily routine for yourself to contribute to the gratitude board. This could be first thing in the morning, during a lunch break, or before bed.
- Each day, add a picture, drawing, or note about something you are thankful for. It can be something small like a beautiful sunrise, a kind gesture from a colleague, or a personal achievement.

#### Personal Reflection:

- How did focusing on gratitude affect your overall mood and outlook on life? What changes did you notice in your awareness and appreciation of everyday moments?
- How can you continue to integrate gratitude into your daily routine to maintain a positive and appreciative mindset?



# MONTH OF MASTERY

4 weeks of Gratitude & Appreciation Challenges for Grown Ups



## WEEK 2: ACTS OF KINDNESS CHALLENGE

### Overarching Goal:

Foster a spirit of generosity and compassion by performing random acts of kindness, enhancing your own well-being and positively impacting others.

### Task:

Dedicate this week to performing random acts of kindness for others, focusing on the joy of giving without expecting anything in return.

### Proactive Process:

#### 1. Identify Opportunities for Kindness:

Look for opportunities in your daily life where you can perform acts of kindness. This can include helping a neighbor, paying for someone's coffee, or offering a compliment to a colleague.

Make a list of potential acts of kindness you can perform throughout the week.

#### 2. Plan and Execute Acts of Kindness:

Set a goal to perform at least one act of kindness each day. Keep it simple and manageable.

Carry out these acts of kindness with a focus on the joy of giving and making a positive impact on others.

### Personal Reflection:

- How did performing acts of kindness affect your mood and emotional state throughout the week?
- What changes did you notice in your interactions and relationships with others as a result of your acts of kindness?
- How can you continue to incorporate acts of kindness into your daily routine to maintain the positive effects on yourself and those around you?



# MONTH OF MASTERY

4 weeks of Gratitude & Appreciation Challenges for Grown Ups



## WEEK 3: APPRECIATING NATURE & COMMUNITY

### ● **Overarching Goal:**

Foster a deeper connection with the natural world and your local community by expressing gratitude and participating in acts of care and improvement.

### ● **Task:**

Take daily gratitude walks, noting the beauty of nature and the neighborhood. Pick up litter as an act of care for the environment.

### ● **Proactive Process:**

#### 1. Plan Your Gratitude Walks:

Choose a time each day for a gratitude walk, such as in the morning, during lunch, or in the evening.

Select different routes in your neighborhood, local parks, or natural areas to explore the variety of beauty in your surroundings.

#### 2. Engage in Mindful Observation and Care:

During your walks, focus on observing the natural beauty around you.

Notice the colors of the leaves, the sounds of birds, and the fresh air.

Bring a small bag and gloves to pick up litter as you walk, demonstrating care and responsibility for your environment.

### ● **Personal Reflection:**

- How did daily gratitude walks enhance your appreciation for nature and your neighborhood?
- How did picking up litter and caring for communal spaces affect your sense of responsibility towards the environment?



# MONTH OF MASTERY

4 weeks of Gratitude & Appreciation Challenges for Grown Ups



## WEEK 4: CULTIVATING A GRATEFUL HOME

### ● Overarching Goal:

Build a culture of gratitude within your home, transforming it into a sanctuary of thankfulness and appreciation.

### ● Task:

Implement a daily gratitude ritual, such as sharing something you're grateful for at dinner.

### ● Proactive Process:

#### 1. Establish a Daily Gratitude Ritual:

Choose a specific time each day for the gratitude ritual, such as during dinner or before bedtime.

Encourage each family member to share something they are grateful for.

This can be a specific event, person, or moment from their day.

Create a warm and inviting atmosphere by lighting a candle or playing soft background music to enhance the experience.

#### 2. Foster a Gratitude Culture:

Encourage ongoing expressions of gratitude throughout the day, such as thanking each other for small acts of kindness.

Display visual reminders of gratitude around the home, like a gratitude board or a jar where family members can add notes of thankfulness.

Discuss the importance of gratitude and how it can positively impact relationships and overall well-being.

### ● Personal Reflection:

- How did the daily gratitude ritual affect your relationships with family members?
- What changes did you notice in the overall atmosphere of your home when gratitude became a daily focus?



# WONDERWORDS

Why are they such a powerful tool?



At their core, WonderWords (affirmations) are positive statements that help young learners and grown ups overcome negative thoughts.

Repeating them often leads to belief, fostering positive changes. Research highlights numerous benefits for both children and adults:



## **REWIRES THE BRAIN:**

WonderWords reprogram the brain by shifting focus from negative to positive thoughts, similar to exercising a muscle. This strengthens positive thinking and worldview.



## **DEVELOPS POSITIVE THINKING PATTERNS:**

Early use of WonderWords cultivates a lifelong positive mindset.



## **ENCOURAGES RESILIENCE:**

WonderWords foster a positive attitude toward challenges, building resilience against adversity.



## **IMPROVES MENTAL HEALTH & REDUCES STRESS:**

Regular use of positive WonderWords reduce negative thoughts, lowering anxiety and depression, and promoting a more optimistic outlook.



## **BOOSTS CONFIDENCE & SELF-ESTEEM:**

WonderWords reinforce strengths and talents, boosting confidence. For children, affirmations nurture growing self-esteem and confidence.



# WONDERWORDS

## HOW-TO GUIDE



WonderWords + Movement=Enhanced Effect.

### HERE'S WHY:

➔ **Increases Engagement:**

Moving while reciting WonderWords enhances engagement and impact.

➔ **Deepens the Connection:**

Movement anchors WonderWords in both body and mind, creating a deeper emotional connection.

➔ **Boosts Memory and Recall:**

Physical activity improves brain function, enhancing memory and recall of WonderWords.

### HERE'S HOW:

➔ **Stand Tall:**

Stand like your favorite superhero, feel grounded, and imagine growing tall like a tree.

➔ **Say Your WonderWords:**

Think of a positive sentence like "I am brave" or "I am loved." Say these powerful words out loud.

➔ **Move Your Body:**

Combine movements like jumping, stretching, or spinning with your WonderWords. Feel the joy of moving and speaking.

➔ **Use Your Imagination:**

Close your eyes and visualize being brave or happy. Imagine doing amazing things while saying your WonderWords.

➔ **Feel the Moment:**

Place your hand on your heart, take a deep breath, and feel the WonderWords strengthening you. Smile, knowing you have superhero strength inside you.



# WONDERWORDS

FOR YOUNG LEARNERS



powerful Gratitude & appreciation affirmations



## WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am thankful for the bright sunshine.



I am grateful for my family.



I am excited to spend time with the people i care about.



I am proud of my kind heart.



I am a good friend to all.



I am inspired to share my talents with others.



I am appreciative and notice all the goodness in my life.



# WONDERWORDS

FOR GROWN-UPS



## Powerful Gratitude & Appreciation Affirmations



### WELLNESS WISDOM:

WonderWords work best when the body moves in a powerful way while reciting them. See the “WonderWords How-To Guide.”



I am grateful for the connections and relationships that enrich my life.



I am open to discover the joys of everyday simplicities.



I am nurturing and compasSIONATE to myself and others.



I am resilient and find strength in appreciating the good around me.



I am conscientious and create an enVIRONMENT where kindness thrives.



I am present and attuned to the current moment and its surprises.



I am thankful for the oppORTUNITY TO make each day meaningful.





# MINDFUL MOMENT

LITTLE GRATITUDE GARDEN



Guided Meditations Crafted for Gratitude & Appreciation



## WELLNESS WISDOM:

Mindful Moments are a practice that involves training attention and awareness to achieve a mentally clear and emotionally calm state.

### ● **Objective:**

Help children develop mental clarity, emotional calm, focus, and relaxation skills.

### ● **Duration:**

5-10 minutes

### ● **Proactive Process:** Follow the scripted sequence.

#### 1. SET UP:

- "Today, we're going to practice a special exercise to help our brains become relaxed and ready to learn. It's called the 'Gratitude Garden' meditation."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable or just look down at the table or floor."

#### 2. DEEP BREATHING:

- "Take a deep breath in through your nose, filling your belly like a balloon and slowly breathe out through your mouth like you are blowing on a dandelion. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale..."



# MINDFUL MOMENT

LITTLE GRATITUDE GARDEN (CONTIN.)



## Guided Meditations Crafted for Gratitude & Appreciation

### 3. BODY RELAXATION:

- "Now, let's relax our bodies. Imagine a balloon inside your heart, glowing with warm, soft light. Each time you breathe in, the balloon gets brighter, and each time you breathe out, the light spreads through your whole body, making you feel loved and happy. This warm soft light relaxes your whole body from your toes to your head"

### 4. MINDFUL MOMENT:

- "Now, in your mind, imagine walking into a beautiful garden. This is your very own Gratitude Garden. What do you see? There might be flowers, trees, a little pond, and even some animals. Everything you're thankful for is here. You breathe in all the beautiful scents.
- In your garden, you see a special spot to plant flowers. For every thank you thought - like being thankful for your family, friends, toys, or anything else - you plant a flower. Think of something you're thankful for now and imagine planting a flower for it in your garden. Take a deep breath in as you admire your work.
- Imagine the sun shining warmly over your Gratitude Garden, helping everything to grow. The sun's warmth is like your appreciation, making everything in your garden - your thankfulness - grow bigger and more beautiful. Breathe in the warmth of the sun one more time."

### 5. CLOSING:

- "Take another deep breath in, filling your heart balloon with love and gratitude. As you breathe out, gently wiggle your fingers and toes, stretch a little, and slowly open your eyes when you're ready."



# PICTURE PATH

THANKFUL GARDEN



## Developing Gratitude & Appreciation Through Visualizing



### WELLNESS WISDOM:

Picture Paths are a form of guided imagery where children use their imagination to picture a scenario or place that makes them feel safe, happy, or calm.

#### Objective:

Help learners connect with the concept of gratitude through imaginative play and creative thinking.

#### Duration:

3-5 minutes

#### Picture Pathway:

Follow the scripted sequence

#### 1. SET UP:

- "Today, we're going on a special journey in our minds. We're going to visit the Thankful Garden."
- "Sit or lie down in a comfortable position. Close your eyes if you feel comfortable doing so."

#### 2. DEEP BREATHING:

- "Take a deep breath in through your nose, and slowly breathe out through your mouth. Let's do this three times together. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale..."

#### 3. IMAGINATION ACTIVATION:

- "Let's imagine we're going on an adventure to a special place called the Thankful Garden. In this garden, every flower and every tree grows from seeds of thankfulness. Can you picture it with me in your mind?"



# PICTURE PATH

## THANKFUL GARDEN (CONTIN.)



### Developing Gratitude & Appreciation Through Visualizing

- "Imagine we're walking down a little path, surrounded by the tallest trees you've ever seen. The sun is shining, and you can hear birds singing. We come to a gate with your name on it. This is your very own Thankful Garden. Ready to go in? Let's open the gate."
- "As we walk in, we see all sorts of flowers, each one different and special. Can you see them? Some are big, some are small, but they're all bright and colorful. Now, I want you to think of something you're thankful for. Maybe it's your family, your friends, or your favorite toy. Can you think of what it is?"
- "Let's find a spot in your garden to plant a new flower for what you're thankful for. Here's a shiny, magical seed for your thought. Let's dig a little hole and plant your seed. Cover it up gently and give it some water. Can you imagine what kind of flower will grow from your thankfulness?"
- "As we watch, the ground begins to shimmer, and a tiny sprout pops up. It grows and grows, right before your eyes, into a beautiful, unique flower. This flower represents your gratitude. Every time you think of something you're thankful for, a new flower grows in your garden."
- "Our Thankful Garden is a special place we can visit anytime we want, just by closing our eyes and remembering all the things we're thankful for. Each thought of gratitude makes our garden more beautiful. Now, let's slowly leave the garden, close the gate, and remember we can come back anytime."

#### 4. CLOSING:

- "Slowly open your eyes. How does it feel to have your very own Thankful Garden? Remember, you can always add more flowers with your thoughts of thankfulness."





# MINDFUL MOMENTS VS. PICTURE PATHS



## What's the Difference?

Mindful Moments and Picture Paths are both mindfulness practices that benefit children, but they have distinct differences in their approach and focus.

### Common Goals

- **Relaxation:** Both practices aim to help children relax and reduce stress.
- **Focus:** They improve attention and concentration by encouraging kids to focus on a specific element (like the breath or an image).
- **Emotional Regulation:** Both can help children manage their emotions better, promoting a sense of calm and stability.
- **Mindfulness:** They encourage present-moment awareness and mindfulness, helping children become more aware of their thoughts and feelings.

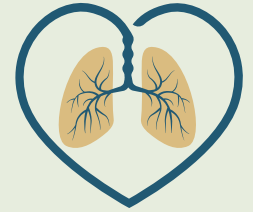
### Key differences

- **Focus:** Mindful Moments focus on present-moment awareness and calming the mind, while Picture Paths focus on creating positive mental images and scenarios.
- **Techniques:** Mindful Moments often involve techniques like breath awareness or mindful listening, whereas Picture Paths involve imagining specific scenes or outcomes.
- **Goals:** Mindful Moments aim to achieve mental clarity and emotional calm, while Picture Paths aim to harness the power of imagination to influence emotions and mindset.



# BREATHWISE

FOR GRATITUDE & APPRECIATION



## Objective:

Enhance focus and memory, through breath control.

### 01 THANK YOU WAVES

- **Instructions:**

“Let’s spread out a little and stand comfortably. Breathe in deeply and raise your arms above your head. Bring your hands together as if gathering thankfulness from the sky.

Breathe out and lower your arms and hands in a sweeping motion towards the ground, releasing your gratitude into the world.”

### 02 FLUTTERING BUTTERFLIES

- **Instructions:**

“Let’s stand with our feet apart and hands by our sides.

Take a big breath in and lift your arms slowly to the sides. Tuck your arms in like wings of a butterfly. As you breathe out, gently lower your arms back down, imagining butterflies fluttering down and spreading gratitude all around. With each “butterfly flight,” think of something new you are grateful for.”

### 03 GRATITUDE GARDEN BREATHS

- **Instructions:**

“Let’s sit down and close our eyes, imagining we are in a beautiful garden.

As you take a deep breath in, imagine planting a seed in your garden for something they are thankful for. Each time your breath out, imagine the plant growing. Let’s breath in and out, allowing our gardens to grow bigger and more beautiful for all we are thankful for.”

### 04 HAPPY HEART BEATS

- **Instructions:**

“Let’s sit comfortably and place your hands over their hearts.

Take slow, deep breaths, and with each breath, imagine your heart filling with a warm, glowing light of thankfulness.

With each breath out, imagine this warm light spreading throughout your body, making you feel happy and calm. Think of a person, place, or thing that fills your heart with joy.”



## WELLNESS WISDOM:

Be Consistent: Incorporate breathwork into daily routines, such as before moving to a new activity (transitions), or when starting or ending the day, to make it a habit.



# FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING  
GRATITUDE & APPRECIATION



## ➔ GRATITUDE DANCE PARTY

**Activity:** Host a dance party with cheerful music. Encourage learners to move freely and express themselves through dance. Intermittently shout out things to be grateful for ("I'm thankful for trees!" or "I love our friends!") and encourage learners to do the same. Then, switch to calm music and sway gently, expressing gratitude for slower, peaceful moments.

**Learning Integration:** Enhances emotional expression and social connection through physical movement and shared gratitude.

**Benefits:** Promotes physical activity, emotional wellbeing, and a sense of community. Encourages children to recognize and verbalize things they are thankful for, fostering a positive and appreciative mindset.

## ➔ HAPPY HEART HOPS

**Activity:** Set up a series of small, safe jumping spots or mats around the room. As learners hop from one spot to the next, encourage them to say out loud something or someone they're grateful for. You might have them make a list beforehand, so they have some ideas to draw from before beginning the activity.

**Learning Integration:** Enhances verbal skills and emotional expression through active participation and gratitude articulation.

**Benefits:** Promotes physical activity, improves coordination, and fosters a positive and appreciative mindset. Encourages children to recognize and express gratitude while engaging in a playful and energetic activity.



# FLOWPLAY

NATURAL MOVEMENT FOR BOOSTING  
GRATITUDE & APPRECIATION



## ➔ BUBBLE GRATITUDE POP

**Activity:** Blow bubbles and encourage learners to gently pop them. With each pop, they can say something they're thankful for, turning the activity into a game of gratitude. Let learners know that they can repeat the same things they are grateful for as many times as they like, increasing their positive feelings towards the person, place, or thing.

**Learning Integration:** Encourages verbal expression and emotional development through the fun and engaging act of bubble popping.

**Benefits:** Promotes physical coordination, enhances verbal skills, and fosters a sense of joy and gratitude. Helps children associate positive emotions with gratitude in an enjoyable and interactive way.

## ➔ THANKFUL YOGA POSES

**Activity:** Guide learners through simple yoga poses, such as the Tree Pose for gratitude towards trees and nature, or Sun Salutations to thank the sun for its warmth and light. After each pose, discuss what part of nature or themselves they're thankful for, linking physical health and well-being with gratitude.

**Resource:** <https://www.kidsyogastories.com/gratitude-yoga>

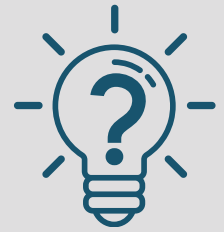
**Learning Integration:** Enhances physical health, bodily awareness, and emotional expression by linking yoga poses with gratitude themes.

**Benefits:** Promotes physical fitness, mindfulness, and a positive mindset. Encourages children to appreciate their bodies and the natural world, fostering a holistic sense of well-being and gratitude..





# HOW-TO POWER TAP GUIDE



## ➔ WHAT IS POWER TAPPING?

Power Tapping, also known as the Emotional Freedom Technique (EFT), is a self-help method that blends cognitive and exposure therapy techniques with acupressure. By tapping specific points on the face and chest with your fingertips, this practice aims to adjust the body's energy system, providing relief from both psychological and physical symptoms.

## ➔ WHAT ARE THE BENEFITS OF POWER TAPPING?

- **Stress Reduction:** EFT has been shown to lower stress hormones such as cortisol, leading to significant stress relief.
- **Anxiety and Depression:** It can help manage and often reduce symptoms of anxiety and depression by altering the brain's response to stressors.
- **Improvement in Physical Health:** By reducing stress and emotional distress, EFT can also contribute to better physical health outcomes, such as improved immune system response and lower blood pressure.

## ➔ LEARN THE POWER TAP POINTS

**Power Start:** Side of hand- under the pinkie finger on the side of the palm.

1. **Eyebrow Point:** Just at the beginning of your eyebrow, near the bridge of your nose.
2. **Side of the Eye:** On the bone at the outer corner of the eye.
3. **Under the Eye:** On the bone under your eye, about an inch below your pupil.
4. **Under the Nose:** Between the bottom of your nose and the top of your upper lip.
5. **Chin Point:** Midway between the bottom of your lower lip and the point of your chin.
6. **Collarbone Point:** Just below the hard edge of your collarbone.
7. **Under the Arm:** About four inches below the armpit, usually at the side of the body.
8. **Top of the Head:** Directly on the crown of your head.



# HOW-TO POWER TAP GUIDE

## SCRIPTED POWER TAPPING SEQUENCE



### STEP 1

#### **Think About Something That's Bothering You**

-Maybe you're feeling sad, scared, or have a little pain somewhere.

### STEP 2

#### **How Big is Your Bother?**

- Is it as big as a mountain or as small as a ant? This helps us measure if the bother gets smaller after we Power Tap.

### STEP 3

#### **Power Words**

- Say these power words three times while tapping on the side of your hand (like a gentle karate chop): "Even though I am feeling \_\_\_\_\_, I am moving through my feelings now!"

### STEP 4

#### **Power Tapping Adventure**

- Now, let's go on a power tapping adventure! You can tap lightly with your fingers, like raindrops, on these power spots while saying the Power Words in the chosen Session 1, 2, or 3.

### STEP 5

#### **How Big is the Bother Now?**

-Think about you feel now. Did the bother get smaller? Is it as tiny as an ant now, or maybe it's gone!

### STEP 6

#### **Try Again if You Need**

-If you still feel a bit bothered, we can think about it a little more and see if there's another reason it's sticking around. Sometimes bothers need more time to float away. We can do our Power Tapping adventure again and try again!



# POWER TAPS

FOR RELEASING EMOTIONAL STRESS WITH  
GRATITUDE & APPRECIATION



## Objective:

To promote nervous system regulation through feelings of gratitude.

## Power Starter-(Side of Hand):

Even though I am feeling\_\_\_\_, "I am\_\_\_\_\_"

## 01 I AM GRATEFUL FOR MYSELF

### Power Tap Sequence:

1. Eyebrow: "I appreciate my unique talents."
2. Side of the Eye: "I love myself just the way I am."
3. Under the Eye: "I am proud of my achievements."
4. Under the Nose: "I am grateful for my kindness."
5. Chin: "I am happy with my abilities."
6. Collarbone: "I am thankful for my creativity."
7. Under the Arm: "I am proud of myself."
- 8.. Top of the Head: "I am thankful for who I am."



# POWER TAPS

FOR RELEASING EMOTIONAL STRESS WITH  
GRATITUDE AND APPRECIATION



## 02 I APPRECIATE MY SCHOOL & TEACHERS

Power Tap Sequence:

1. Eyebrow: "I appreciate my teachers' help."
2. Side of the Eye: "I enjoy learning new things."
2. Under the Eye: "My teachers make learning fun."
2. Under the Nose: "I am grateful for my classmates."
5. Chin: "I appreciate the fun activities at school."
6. Collarbone: "I am happy to go to school every day."
7. Under the Arm: "I am proud of what I learn at school."
8. Top of the Head: "I am thankful for my school."

## 03 I NOTICE THE LITTLE THINGS

Power Tap Sequence:

1. Eyebrow: "I notice the small joys around me."
2. Side of the Eye: "Every day is filled with wonderful moments."
3. Under the Eye: "I appreciate the beauty of nature."
4. Under the Nose: "I am thankful for my toys and books."
5. Chin: "I enjoy the simple pleasures in life."
6. Collarbone: "I am happy with what I have."
7. Under the Arm: "I am grateful for all the little things."
8. Top of the Head: "I am grateful for the little things in life."

WANT TO LEARN MORE ABOUT POWER TAPPING? CHECK OUT THE  
"HOW-TO POWER TAP GUIDE" INCLUDED IN YOUR PACKET



# FOCUS FOODS

GRATITUDE & APPRECIATION FOOD EXPERIENCE



## GRATITUDE RAINBOW PLATE

### Objective:

Encourage children to appreciate the variety and beauty of fruits and vegetables while fostering gratitude for healthy food.

### Materials:

A variety of fresh fruits and vegetables, plates, and utensils.

### Activity:

**Step 1:** Show the children a variety of colorful fruits and vegetables.

**Step 2:** Encourage them to create a "rainbow plate" by arranging the fruits and vegetables on their plates, appreciating the beauty of the colors.

**Step 3:** Discuss the nutritional benefits of each color and have the children share why they are thankful for each fruit or vegetable on their plate

### Discussion:

Discuss the importance of balanced snacks and how different foods help our bodies and minds.

## SENSORY GRATITUDE EXPLORATION

### Objective:

Develop sensory awareness and appreciation for different foods.

### Materials:

Various foods with distinct textures, smells, and tastes (e.g., apples, carrots, cheese, herbs).

### Activity:

**Step 1:** Provide a selection of foods for the children to touch, smell, and taste.

**Step 2:** Discuss the sensory experiences, asking questions like, "How does this food make you feel?" and "What do you like about its taste and texture?"

**Step 3:** Create a sensory food chart where children can document their experiences and express why they are thankful for each food.



# FOCUS FOODS

GRATITUDE & APPRECIATION FOOD-FREE EXPERIENCE



## FOOD GRATITUDE JOURNAL

- **Objective:**

Encourage mindfulness and gratitude for food through daily journaling.

- **Materials:**

Notebooks, crayons, and pencils.

- **Activity:**

**Step 1:** Provide each child with a notebook to create their own Food Gratitude Journal.

**Step 2:** Each day, have them draw or write about a food they ate and why they are thankful for it, focusing on the beauty and goodness of the food.

**Step 3:** Discuss their entries, encouraging children to express gratitude for the people who help provide their food, such as farmers, cooks, and family.

- **Extension:**

Increase the number of pairs as the children get better at the game.

## GRATITUDE STORYTIME

- **Objective:**

Teach children about gratitude and healthy eating habits through engaging stories.

- **Materials:**

Books or story cards about gratitude and healthy eating.

- **Activity:**

**Step 1:** Choose a story that highlights gratitude for food and the beauty in everyday moments.

**Step 2:** Read the story to the children, emphasizing the importance of being thankful for the food we eat and the beauty in the world around us.

**Step 3:** Discuss the story and ask questions like, "What were the characters thankful for?" and "How did they appreciate the beauty in their surroundings?"



# PEACEFUL PAUSE

RESTORATIVE REST FOR GRATITUDE & APPRECIATION



## Objective:

Enhance focus and relaxation through listening and responding.

### 01 BODY GRATITUDE SCAN

#### Duration:

5-15 minutes

#### Activity:

**Step 1:** Have the children get into a relaxed position, either sitting or lying down, and close their eyes or lower their eye gaze.

**Step 2:** Start at the toes and gently mention each part of the body, encouraging children to mentally say "thank you" to each part. For example, "Thank you, feet, for running and jumping today. Thank you, legs, for helping us walk and play."

**Step 3:** Continue moving up the body, mentioning the knees, thighs, stomach, hands, arms, shoulders, neck, and finally the head, with gratitude for what each part does. For example, "Thank you, hands, for drawing and building. Thank you, head, for thinking and learning."

### 02 SILENT GRATITUDE REFLECTION

#### Duration:

5-15 minutes

#### Activity:

**Step 1:** Have the children sit comfortably and close their eyes or lower their eye gaze.

**Step 2:** Invite them to think quietly about one thing they are grateful for that day. It could be a person, an experience, or something they learned.

**Step 3:** Encourage them to feel happy and thankful in their heart for this thing, letting them know it's okay to simply enjoy this feeling of gratitude quietly.



## WELLNESS WISDOM:

We all need moments of rest in the day. Young Learners need our support in gearing down from a more active to a more restful state. That's why we've included Peaceful Pauses!

