



MINDUP™ GRATITUDE

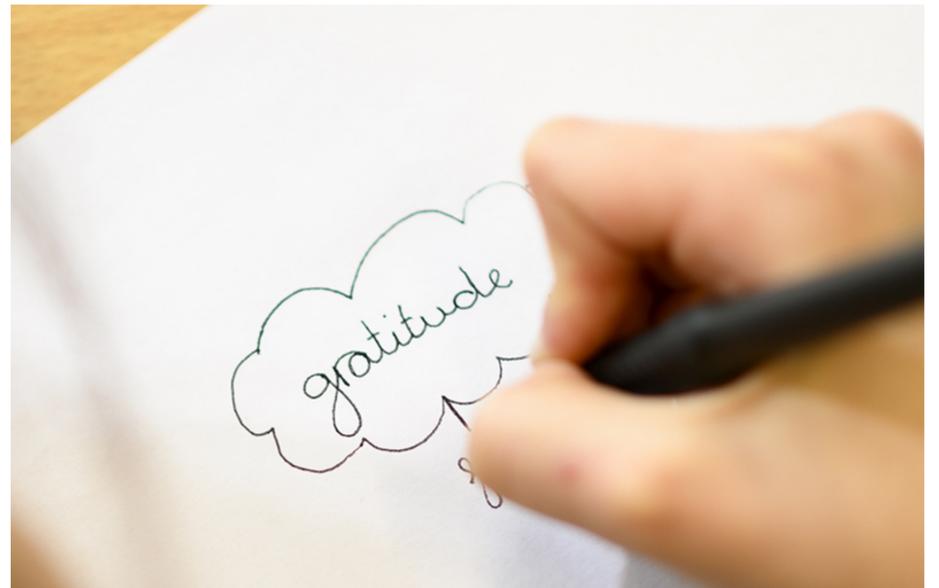
Expressing gratitude is something we can practise regularly in our daily lives to boost our wellbeing! Gratitude has powerful effects on our brain and our body. It helps us feel more positive emotions, savour good experiences, improve our health, and build strong relationships. Try these gratitude activities to help lift your MindUP!

My Environment Gratitude Collage

Make a collage of things in your environment that you are grateful for by drawing them altogether on a piece of paper. You could include things from nature, at home, school, or your local area. You may choose things from nature that help you every day without you realising, like water to drink. You may choose to draw a teacher at school who helps you, or a photograph you have at home of a happy memory. Draw all the things that you appreciate to make a colourful collage of your environment. If you can, you could hang it up somewhere at home so you can see your collage every day and think about all these things that you are grateful for.

G-R-A-T-I-T-U-D-E

Look at each letter in the word 'Gratitude'. Think about different things that you're grateful, or thankful, for that starts with each letter in the word. For example, for G you might be grateful for 'Games' or 'Grandparents.' Choose your own for each of the letters. You could write them down in a list or draw pictures. Try to see how many you can get for each letter.



Who Have I Said 'Thank You' to?

Use your hippocampus to think about a time recently when you said 'Thank You' to someone. Think about what you were thanking them for. Draw a picture of that memory. Think about how you were feeling when you said 'thank you' to that person. How do you think the person you thanked felt? Is there someone who you are with today who has helped you in some way? You may want to say 'thank you' to them, if you haven't already!

Gratitude Emojis

Below are some emojis that show different emotions. Which emotion do you think each emoji is showing? On a piece of paper, have a go at designing an emoji like the ones below that show someone feeling grateful. Show it to someone and see if they can guess what your emoji is. You could play this game with lots of different emotions.

