

# MINDUP™

## GRATITUDE STONES

Expressing gratitude is something we can practise every day to boost our wellbeing. Gratitude has a powerful effect on our brain and body, helping us feel more positive emotions, improve our health and build strong relationships. Create some gratitude stones to help you express gratitude.

### Instructions:

1. Write down a list of words or short phrases of experiences, things, and people that you are grateful for.
2. Go outside and find some small, round stones. Make sure you wash them! Or you could cut different coloured paper into circles.
3. On the stones or paper, write the words and phrases of gratitude from your list. You may need to use a permanent marker or paint if you are using stones.
4. Place the stones or paper in a bowl.

### When you want to express gratitude:

1. Choose a stone/paper from the bowl.
2. Hold the stone/paper in your hand.
3. Focus your attention on the words written on the stone/paper.
4. You could also choose a stone/paper to carry with you for the day and look at it when you want to express gratitude.

*Sunshine*

*My teacher*

*Reading with my  
grandparents*

*Playing football with  
my friends*

*My pet*

*Smoothies!*

*Family*