



# Gratitude

## Guide

## What

Practising gratitude helps develop mental toughness. By learning to appreciate positivity, they are more resistant to incidents of negative mental health. Our Gratitude system shows them all the things in their school they can feel happy for having.

## ? Why

Gratitude has been proven to promote optimism and resilience in young learners, improving their mindset and willingness to challenge themselves.

## When

Practising their gratitude is a great way to start the day on a positive note. You could also include it as part of a worship or as a mindful activity when students are down or rowdy.

## Learner Activity

When implemented on a 1:1 basis, gratitude can provide focus and identifiable targets for a pupil struggling with their behaviour.

## Class Activity

Gratitude in your assembly is a nice way to bring everyone together and promote mindfulness in your whole school.

During festivals and special occasions, your class can use Gratitude as an activity in your RE lessons.

