

## Children's mental health week 1<sup>st</sup>- 5<sup>th</sup> February 2021

LI: To learn what the word 'gratitude' means and discover different ways that we can be thankful.

Gratitude – grateful - thankful.

Watch the video

[10 Second Gratitude Challenge - YouTube](#)

Instead of looking at the things you don't have you need to be thankful for the things you do have.

Activity 1:

**1. Use a cardboard box you don't need for anything else.**

**2. Decorate with stickers, drawings, biodegradable glitter - whatever you want!**

**Dexter D's box has 'Gratitude Box' written on it.**

**3. Write or draw something you are grateful for on a piece of paper and put it in the box. Repeat!**

**Alan's box is filled with pictures of sausages!**

If you don't have a box, any type of container will do or just on a piece of paper. Think of at least 5 different things you are grateful for.

Activity 2: You can show gratitude to people by saying "thankyou".

Download the letter template and write a letter to someone to say thank you. This could be someone that is in your family, a friend or to someone who is making this world a better place.

**GRATITUDE**  
Letter

**Thank You!**

Dear.. NHS Staff

Thank you for...

Working hard to  
care for all of  
the people who are  
poorly right now.

**CHALLENGE**  
Cut out the thank you letter template above and write a letter to a friend or family member you are grateful for. Then give it to them! If you like you could even send it in the post - just remember a stamp!

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Here is my example. I wanted to thank the NHS staff. If you need more room to write, write on the back of the paper or on another sheet of paper. I forgot to say from Miss Wellard at the end. Remember to write who the letter is from at the end.