Children's mental health week 1st-5th 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

Alan's box is filled with pictures of sausages!

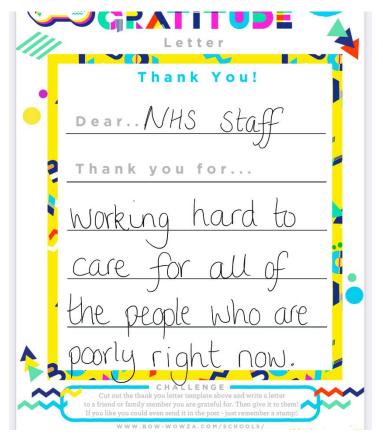
If you
don't have
a box, any
type of
container
will do or
just on a
piece of
paper.
Think of at
least 5
different
things you
are grateful

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.



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.