



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
is proudly supported by

EVANS PROPERTIES

0411 700 708

Living Locally
Selling Locally

Gratitude

Gratitude involves feeling and expressing a deep sense of thankfulness and expressing that thankfulness to others in a genuine way. We can be grateful for deliberate acts by others, or for spontaneous treasures. What marks gratitude is the psychological response: the transcendent feeling of thankfulness, the sense of having been given a gift in some way. Grateful people experience a variety of positive emotions and those emotions inspire them to act in more virtuous ways – humbler, more persistent or kinder. Gratitude tends to foster kindness and love and therefore, is closely associated with empathy and with connection to others.

Gratitude



*I am grateful for many things
and I express that
gratefulness to others.*



Gratitude

The Power of Gratitude

Gratitude has the ability to heal, energise and change our lives. Click on the links to find out more:

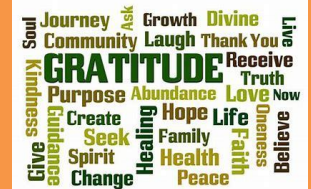
<https://gumdaless.eq.schooltv.me/newsletter-external-resource/power-gratitude-robert-emmons>

<https://www.heysigmund.com/the-science-of-gratitude/>

Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

GRATITUDE: choosing
to
NOTICE & APPRECIATE
things in our LIFE, OTHERS, & things in the WORLD



How to give gratitude a go

- Turn it into a family game or ritual: each night during dinner, get everyone in your family to say one thing they are grateful for.
- Keep a gratitude journal: write down three things you are grateful for every day. Keep your gratitude journal to reflect on – especially when your mood is low.
- Create a gratitude photo album or Pinterest board: take photos of things that make you smile and regularly add them your personal gratitude board.
- Count your years in gratitude: on your birthday, write a list of things you are grateful for that happened over the past year. Make your list correspond to the age you're turning, e.g. if you're turning 14, have 14 different points.
- Say thank you to other people: this helps you take notice of things you're appreciative of in the moment, and it makes their day a bit brighter too.

Enjoy the little
things, for one day
you will look back
and realise they
were the big
things.



Why is gratitude great?

Because it boosts your physical and mental health. Research shows that practicing an attitude of gratitude can help with this stuff:



Becoming more resistant to stresses in life.



Having a higher sense of self-worth.



Enjoying an instant mood-booster.



Experiencing other positive emotions linked with gratitude.



Improving physical health.