GROW Well
Strengths-Based Curriculum

Always Our Best

Gumdale State School Student Wellbeing Program is proudly supported by

EVANS PROPERTIES

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Living Locally
Selling Locally

Gratitude

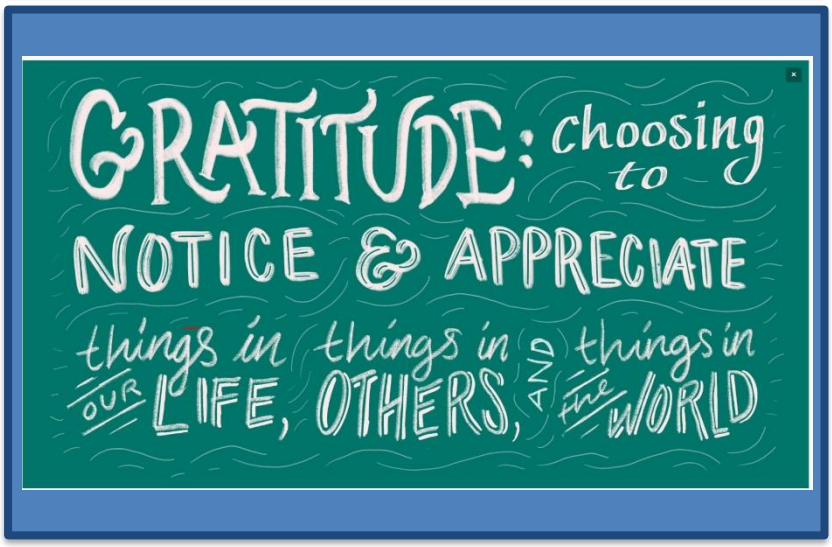
Gratitude involves feeling and expressing a deep sense of thankfulness and expressing that thankfulness to others in a genuine way. We can be grateful for deliberate acts by others, or for spontaneous treasures. What marks gratitude is the psychological response: the transcendent feeling of thankfulness, 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 persitent or kinder. Gratitude tends to foster kindness and love and therefore, is closely associated with empathy and with connection to others.

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-

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.

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.