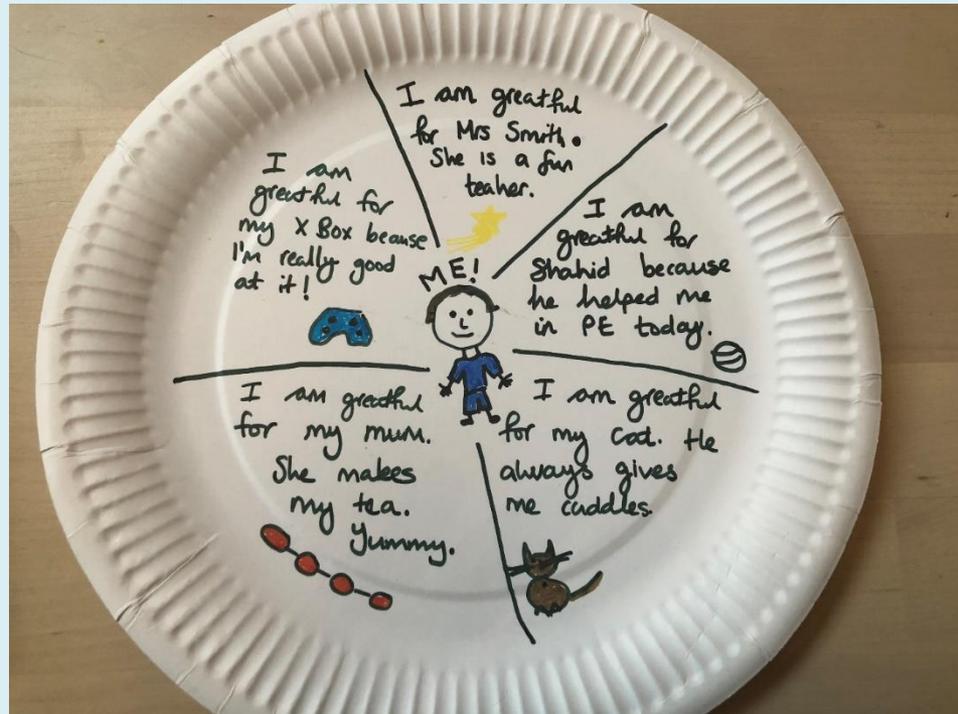


# Building an attitude for gratitude



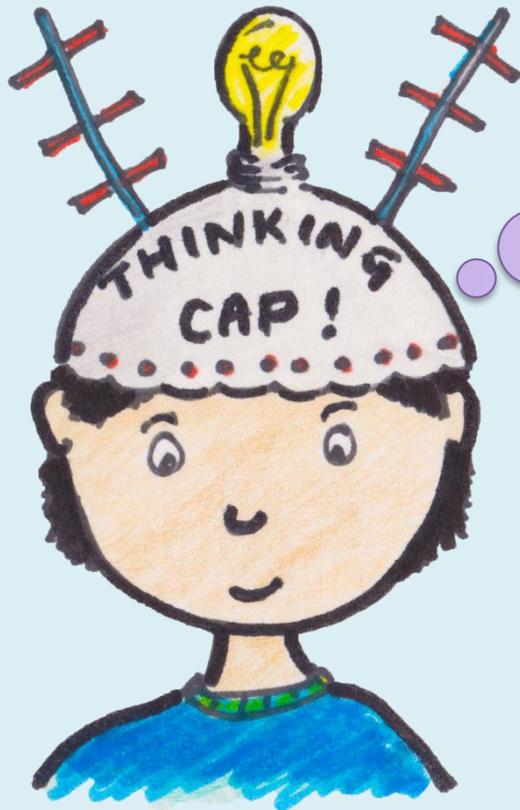
# An Attitude of Gratitude

An attitude of gratitude means making it a habit to express thankfulness in all parts of your life, on a regular basis, for both the big and small things.



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What does habit mean?



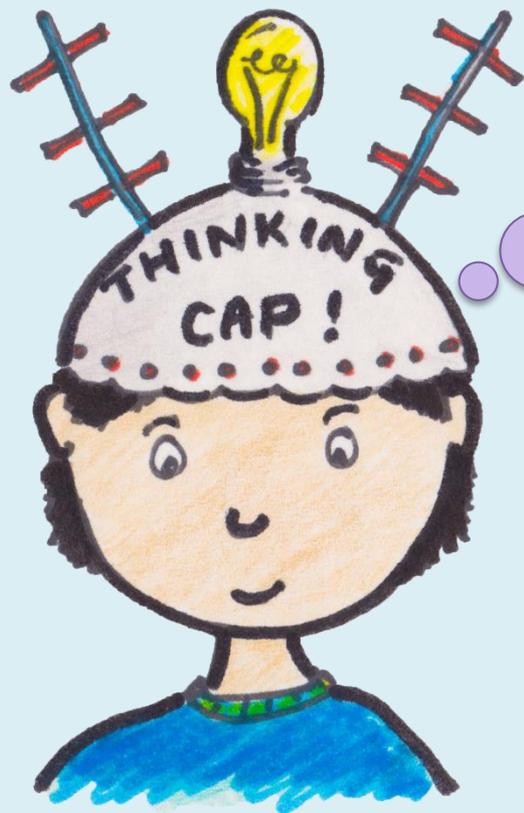
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# Habits

A habit is something that we do regularly. We do it so often that we don't always think about doing it.

You might have heard people talking about bad habits but there are good habits too, like brushing your teeth twice a day!





What good habits can you think of?



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*When we notice the good things that happen to us and around us, it helps to make us happier.*

Look around you now. What do you notice that you could be thankful or grateful for?



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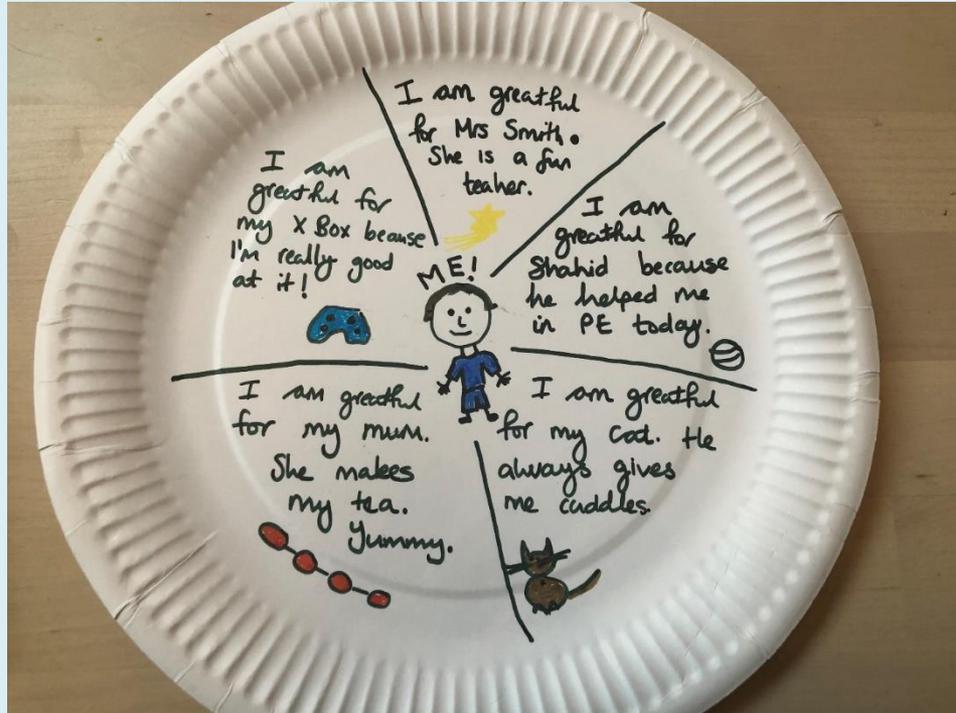
Share the things that you have noticed with an adult in your house. Ask them about the things that they've noticed. Can you spot any similarities?



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# An Attitude of Gratitude Plate

1. Draw a picture of yourself in the middle of your paper plate or circle.
2. Split the plate up into five or six different sections by drawing lines.



3. Think of things at home that you are grateful for.
4. Write one thing in each section.
5. Draw a picture to go with each sentence.

We can learn a lot about who we are by thinking about what we are grateful for



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# An Attitude of Gratitude Diary

**Attitude of Gratitude**

Mon	Tues	Wed	Thurs	Fri	Sat/Sun

  
The Linking Network | Ministry of Education and Skills Development | Department of Education | Pears Foundation  
Exploring identity, celebrating diversity, championing equality and promoting community

Why not keep a gratitude diary? In it, you can add something you are grateful for every day. When your diary is complete, you can look back and see all the things that have made you happy.

# An Attitude of Gratitude Diary

Write the month  
here

Each day add in  
something that you  
are grateful for.

Attitude of Gratitude

Mon	Tues	Wed	Thurs	Fri	Sat/Sun

The Linking Network | Ministry of Education & Early Childhood Development | Pears Foundation  
Exploring identity, celebrating diversity, championing equality and promoting connectivity

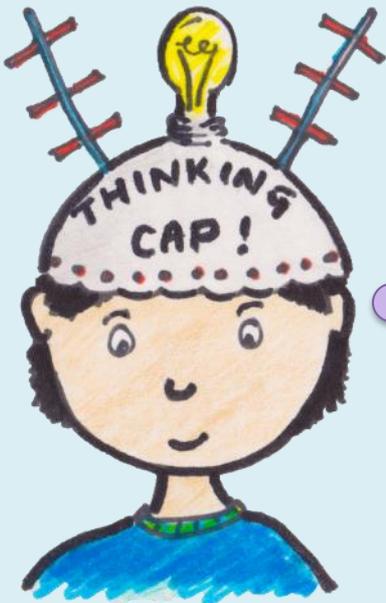
Write the number  
for each day of the  
month in the small  
box.  
Remember to start  
number one on the  
right day!



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We can show people that we appreciate them by giving them a compliment. Everyone likes getting compliments!

Who could you give a compliment to?



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Why don't you try it out?

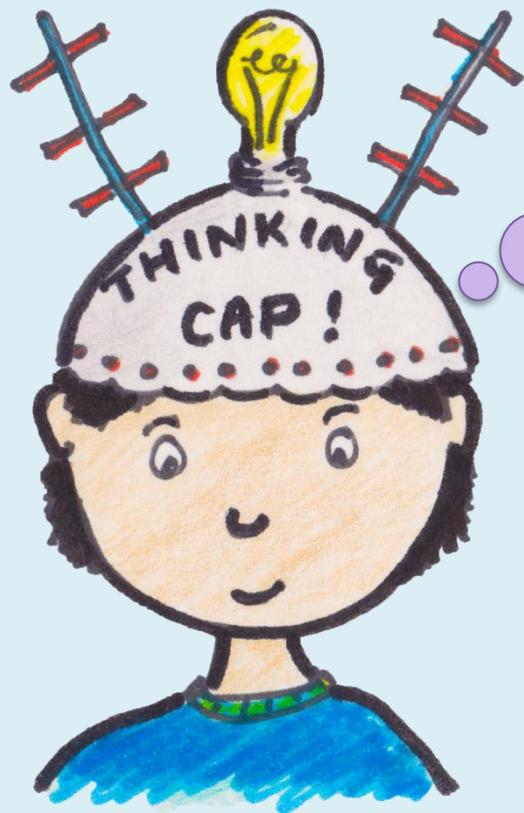
Well done I really liked how you...

I like your smile!

You have really good ideas!



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How might developing an  
**attitude of gratitude**  
help us all to live  
together?



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