

Day 1

Finding Gratitude

Think, Pair, Share:

On a scale of 1 to 10, how aware do you feel of the good things (big or small) in your life right now?

- Why did you choose that number?**
- What kinds of things do you tend to notice most - people, achievements, experiences, or something else?**

Day 1

Finding Gratitude

Do you think you are sometimes
'sold happiness'? What might this mean?



<https://www.youtube.com/watch?v=lpVqXrvyBYM>

Day 1

Finding Gratitude

Thought for the day:

"Gratitude is not about forcing positivity, but gently noticing the good that is already present."

Today's task:

**Listen to Episode One of the
Finding Gratitude Series**



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Day 2

Finding Gratitude

Think, Pair, Share:

Think of one small thing from the last 24 hours that made you feel even a little bit happier or lighter.

- What was it, and why do you think it stood out to you?
- How often do you pause to notice those moments?

Day 2

Finding Gratitude

Think about an item that you purchased or received that you had been wanting for a long time. Discuss the following questions:

- Why did you want it?
- How did you feel when you received it?
- How long did that feeling last?



Day 2

Finding Gratitude

Thought for the day:

"Gratitude isn't about fixing the day. It's about noticing what softened it."

Today's task:

**Listen to Episode Two of the
Finding Gratitude Series**



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Day 3

Finding Gratitude

Think, Pair, Share:

Think of someone who has made your day a little easier, kinder, or brighter recently.

- What did they do, and how did it make you feel?
- How might you let them know you appreciate them?

Day 3

Finding Gratitude

Discuss the emotions in the video and how they were helpful and/or unhelpful.

→ Why do we sometimes find it hard to talk about emotions?



<https://www.youtube.com/watch?v=Yr3tv1hW1gg>

Day 3

Finding Gratitude

Thought for the day:

"Gratitude deepens our connection to others and ourselves."

Today's task:

Listen to Episode Three of the Finding Gratitude Series



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