



Gratitude

Practising gratitude is the ability to **notice things in your life** (big and small) and appreciate them, rather than thinking about the things you wish you had, or might be missing out on. **Making this a daily habit rewires your brain to scan the world for the positives** rather than default to our negative bias. Over time, this leads to **increased levels of energy, happiness, and self-esteem.**

Categories

You Will Need

- Get your family together.
- Paper for each player.
- Pencil/pen for each player.
- Timer.

How To Play

- This game can be played individually or in teams.
- Choose a letter of the alphabet at random (you might use an alphabet chart, sing the alphabet song, put all the letters of the alphabet in a container like a raffle or you might have a letter dice at home).
- Place a timer on for one minute.
- In that one minute, each player/team writes down as many things they can that they are grateful for starting with that letter.
- Winning player/team scores a point.
- Play again with a different letter.
- Play continues for as long as you like.
- Winner is the player/team who has the most points at the end of your game.

'It is not happiness that brings us gratitude. It's gratitude that brings us happiness.'

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Scan the QR code to listen to **Dr. Kiran Martin** on the imperfects podcast. She says that gratitude should be our **fundamental orientation of life** and that we need to wear glasses that have gratitude lenses.

Gratitude Walk

As a family, go for a walk around your home, local neighbourhood or favourite park and imagine you are wearing '**Gratitude Glasses**'. Point out all the things you see that you are grateful for.



Jump onto **TRP@Home** on the The Resilience Project website. Here you will find a range of **free resources and activities** you can do at home.



TRP@HOME

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