



Gratitude

Practising gratitude every day **increases our levels of energy**, helps us to **feel happier** and more focused, determined and optimistic. It even helps us have a better sleep, **lowers levels of anxiety and depression** and we are less likely to get sick. So many benefits – let's all try to **be grateful for the things and people in our lives every day!**



Being more grateful starts with creating a habit! Why not start a habit at the beginning of each staff meeting by practising gratitude? It's a great way to build connection and positivity at work too! Below are some **examples of habit building reflection questions** you could use to start your meetings, choose a different one each time:

- What/who are you grateful for today?
- What did you learn today?
- What do you appreciate about _____?
- What was a positive/win from today?
- What/who are you proud of this week?
- What has filled your cup this week?
- What is the silver lining of a challenge this week?
- What are you looking forward to tomorrow?

DIS Moments Challenge

Scan the QR code to watch **Hugh and Martin** from The Resilience Project talk about the **DIS challenge**.



As a staff, you could **create a staff video of what you are grateful for** at your school and share it with your students and the school community on your different communication channels. You may even want to do this with your class.

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



You might like to make **'Gratitude Glasses'** with your students (maybe a cut out, a regular or pretend pair of glasses). Encourage students to look around with their 'Gratitude Glasses' on and **express how they can be grateful for everything they see** (i.e. classroom, books, classmates, etc.).

'Feeling gratitude and not expressing it is like wrapping a present and not giving it.'

William Arthur-Ward, American Motivational Writer.

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The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.