



What you'll need:

- Time together as a family.
- Pencils.
- Paper (or notebook).

What to do:

1 Get together as a family and talk about how the more we practise gratitude in the present moment, the more likely we are to develop an attitude of gratitude. When we live our lives feeling more grateful, we are more likely to notice positives.

2 Talk about how one of the best ways to develop an attitude of gratitude is to keep a gratitude journal. Outline that some benefits are:

- ★ Writing down the positives magnifies them.
- ★ It makes us feel better about our lives and more optimistic about our future.
- ★ It changes our thoughts, our moods, our relationships, our health and our lives!



3 Invite each family member to write/draw a gratitude journal entry in a notebook or on a blank piece of paper. Use the following sections and prompts:

Good stuff: *What good things happened today? When did you feel good? What did you enjoy?*

Surprises: *What was something surprising that happened today? It could be something unexpected that happened, or something you were dreading, that didn't happen.*

People: *Who are the people who helped the good thing happen?*

4 Try and make journaling a regular gratitude habit for your family.