



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Letting other people know how much you appreciate them

Equipment required

Limited by your imagination

Time required

As long as you want!

ACKNOWLEDGEMENTS

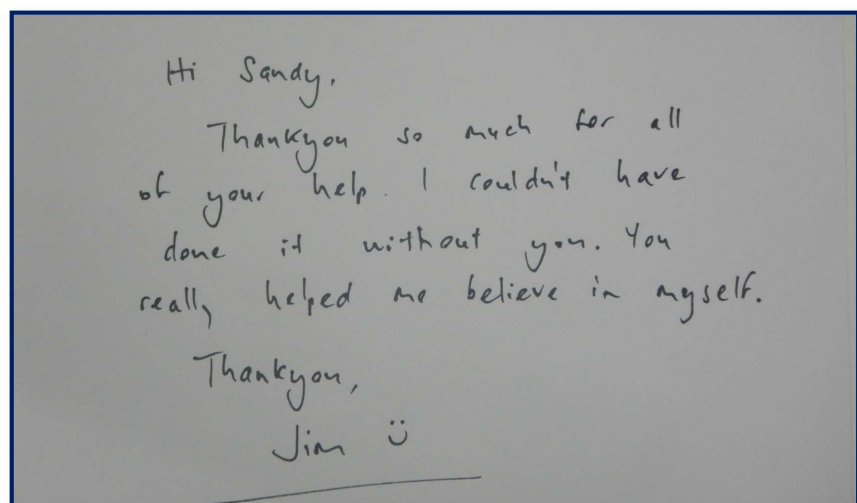
WHY: Letting people know how much you appreciate them is a great way of helping them to feel good about themselves. One small act of acknowledgement can help to build much bigger things.

Acknowledging someone who has helped you makes you feel good and makes the other person feel good as well. That's a lot of goodness going around. You can do it!!

Here are some ways to do it:

- **Tell them in person**
- **Leave them a note somewhere**
- **Write them a letter**
- **Make them or buy them a gift**
- **Do something for them**

Think of some other ways that you can acknowledge somebody who has helped you. Get creative, and see how many people you can do this for today.



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