



## 'I AM' STORY



### GRATITUDE

*Refocus your thoughts and explore ways to practice being grateful.*

### Activity overview

Changing your identity for a short time!

### Equipment required

Pen

Paper

### Time required

5 – 30 minutes

*WHY: A great way to fuel your imagination and develop empathy and gratitude for the natural world.*

**Write down the first thing that comes to your mind when you think of:**

- Animal
- Colour
- Texture
- Time of day
- Season
- Rock type
- Tree
- Insect
- Weather
- Bird
- Landscape

**Now create a paragraph using these.**

**Start with a sentence beginning with 'I am...' then substitute in the word you have chosen, before finishing the sentence. Start each new line with 'I am...' e.g.**

- I am dingo that walks the Great Plains.
- I am red ochre, the ancient blood of the earth.
- I am the rough bark of the bloodwood tree and so on.

**Progress to a new paragraph with the same sentences replacing 'I am' with 'I' e.g.**

- I, dingo walk the great plains.
- I, red ochre, am the ancient blood of the earth.
- I, the rough bark of the bloodwood tree and so on.

**This is a really good activity to fuel your imagination and at the same time build empathy and gratitude for the natural world around you. It can help you to appreciate your place in the world, and the experiences of things around you.**

This information is not for sale. It is for educational purposes only.

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