



MY FAMILY



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Acknowledging what your family provides to

Equipment required

Pen/Pencil
Paper

Time required

15 – 30 minute

WHY: This is an exercise in being grateful for the people we have around us.

Today I want you think carefully about each member of your family and this can include cousins, grandparents, uncles, aunties, friends, guardians and pets.

I want you to think about each member and write down why you are grateful to have them in your life. What you like about them, how they make you feel, how they make you stronger, how they influence you as a developing young man or young woman.

Here are some examples:

I am really grateful for my mum and dad. My mum because she always knows just what to say to make me feel better, she cooks me great food which I love and she is really smart and loving.

I am grateful for my dad because he teaches me about the bush, we build things together and he makes me laugh.

I am very grateful for my gran because she teaches me how to be a more caring person because she can't care for herself anymore.

I am really grateful for my cousin, Beau, because he plays with me and always makes me feel special. He can also be really silly which makes me laugh.