



GRATITUDE

Refocus your thoughts and explore ways to practice being grateful.

Activity overview

Writing a short poem about the positives in your life

Equipment required

Pen/Pencil

Paper

Time required

Unlimited

GRATITUDE POEM

WHY: Sometimes it takes a little reflection to be aware of the positives in our life. This is a great way to reflect and put it down on paper as a way of expressing it!

Write a poem about something or many things that you are grateful for. I am going to write one right now, let's see how this goes...hmmmmmm....

I woke up this morning before the sun rose
It was a little chilly, a little dark
and
Very quiet
Ray by ray the earth came alive
Resplendent in colour
Vibrant with the sounds of birds
Just happy to be here
Yellow rays warmed me from my nose
To my toes
Thankyou, thankyou, thankyou sunshine
For all that you give

Now it's your turn.... It could be a haiku, a rhyming poem, a non-rhyming poem, a limeric, single stanza, multi-stanza, a sonnet, an ode and so on. Take your poetic license and have a go.

Here's a link to some different types of poems:

<https://www.familyfriendpoems.com/poems/other/>