

DAILY GRATITUDE

Humans are great at remembering the negative. Not so much, however, when it comes to recalling the positive. Being grateful helps us keep this balance in check. This is why daily gratitude is a great daily practice to incorporate into your classroom.

- ▶ There's no "right" way to practice gratitude, however, you may like to set aside the last five minutes of class for students to write down what they are thankful for, briefly share them with a partner, or silently think them to themselves.
- ▶ Another way to practice gratitude is to have students write things they are thankful for on small pieces of paper. Collect the papers and place them in a large jar in the classroom. When students are struggling with negativity, they can draw a gratitude item from the jar and read it aloud to share with the class. Allow the class to discuss why they are thankful for the item shared.

*For complete details on the full Gratitude activity, refer to
www.ef.com/wwen/blog/teacherzone/daily-mindfulness-for-students-6-activities*