



# Growing Gratitude

Mental Health Monday

April 27th, 2020



Spring has sprung and many of you have started to plan for and look forward to all the things that you will grow in your backyard this year! Whether or not you are a gardener, there are many things that we can learn from taking care of plants or other living things. Maybe you've taken care of a small house plant, your pet fish, a cat or dog, or helped take care of your lawn. Either way, we all know that living things need care and require certain things to grow and flourish. The same is true for our thoughts and feelings.

Whether we notice it or not we feed and care for our minds with the things that we think, say and do.

One of the simplest, but most important ways to care for our minds is by growing gratitude. Most of us express our gratitude by saying "thank-you" to someone who has helped us or given us something. However, gratitude is so much more than these two simple words, it also serves an important purpose in our hearts and minds.

While many religions have acknowledged the importance of gratitude throughout history, more recently psychologists and scientists have begun to research the topic as well. Their studies have found that gratitude is linked to increased happiness, deeper relationships, greater physical health, and overall an enhanced sense of well-being!

**So how exactly do we start growing gratitude? Here are some ideas:**

1. *Start a gratitude journal. Set aside time each day to list three things that you are thankful for and make sure that you are specific.*
2. *Tell other people "thank you" when they do something kind for you, no matter how small the deed.*
3. *As a family, go around the supper table and have everyone share something that you are thankful for.*
4. *Don't allow other people's negativity weigh you down, look for the best in everyone.*
5. *How does gratitude live in the world? Look for examples in music, art, books, people you see and know.*

Just like we tend to our gardens, plants, and other living things, we also have to care for our hearts and minds if we want them to be healthy and happy. Gratitude won't just grow over night, it takes practice and effort everyday.

*"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."*

*—Zig Ziglar*

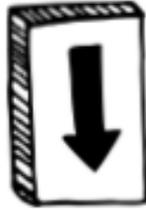
  
Sincerely,  
FVSD Connection Team

The Fort Vermilion School Division Connection Team works in the schools of our communities to support students in a variety of ways. For more information about our services and resources, please visit the FVSD website (<https://www.fvsd.ab.ca/>) or contact your child's school.

grow  
gratitude

**Reference:**

<https://positivepsychology.com/gratitude-appreciation/>



# THIS WEEK....

---

There is something good in everyday...

Monday....

Tuesday....

Wednesday....

Thursday....

Friday....

Saturday....

Sunday....



# THREE THINGS I AM GRATEFUL FOR TODAY



Blank box for writing the first thing you are grateful for.

Blank box for writing the second thing you are grateful for.

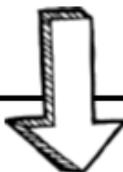
Blank box for writing the third thing you are grateful for.

Today's date \_\_\_\_\_

KITCHENTABLECLASSROOM.COM



# THESE THREE THINGS MADE MY DAY....



Blank box for writing the first thing that made your day.

Blank box for writing the second thing that made your day.

Blank box for writing the third thing that made your day.

Today's date \_\_\_\_\_

KITCHENTABLECLASSROOM.COM