



Mental Health in Schools Team Tips For Wellness



Gratitude

Gratitude is when we say 'thank you' for the good things in our life, no matter how big or small. There are lots of things we can feel grateful for, such as the way someone smiles at you, someone holding the door open for you, the important people in your life, a sunny morning, or having your favourite food for dinner.

Research has shown that practising gratitude can have positive effects on our mental health and wellbeing. Gratitude can also improve our relationships, social bonds and promotes a healthy brain with a positive mindset.

Our tips for gratitude:

1. **Create a gratitude jar** – find a jar and decorate it however you wish. Think of at least three things throughout your day that you are grateful for and write them down. Try to do this every day and fill up the jar!
2. **Create a class gratitude flower** – start by cutting out a circle and writing 'I am thankful for...' in the middle, this will form the centre of the flower. Each child should be given a piece of paper in the shape of a petal (children could colour in the petal themselves, or coloured paper can be used). Each child should write something they are grateful for on their petal. Then stick the petals to the centre of the flower and display it in the classroom!
3. **Journalling** – think back over the last week and write down something that you appreciated. Think about places you have been to, conversations you have had with people, and activities you have engaged in.
4. **Write thank you notes** for someone who has treated you with kindness this week. You could write a note and give it to them in person or write an email if they live further away!



*More tips for
practising
gratitude!*

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.