

# Gratitude Routines

## **Grab Some Gratitude:**

Students make cards to post in specific places around their home, classroom, or school. These cards will serve as reminders to pause for a moment and be thankful for something or someone.

Places should be meaningful and accessible to students and posted with adult permission. Some suggested places to put the notes are a doorway, a mirror, a door, or a cabinet. Anywhere is fine, as long as the note is a visible reminder to grab some gratitude as you pass by.

Brainstorm some possible reminders to write on the cards. (e.g., Notice the small stuff. Send silent thanks to someone. I am looking forward to \_\_\_\_\_. I am thankful for my \_\_\_\_\_. The part of me I want to say thank you to is \_\_\_\_\_.) Decorate and post. Check in as a family or a class every so often to see how the gratitude routine is going and make changes as needed.

## **Thankful for 30:**

Each day, students or family members will be prompted to engage in 30 seconds of silent, thoughtful thanks. Just 30 seconds gives your body and brain time to experience the benefits!

Begin by checking in with how you are currently feeling. (*If you are using the Mood Rings in your classroom, prompt students to use this tool.*) Next, think about something or someone for which you are thankful. Hold a picture of this person, object, or experience and the feeling of gratitude in your mind for 30 seconds. When time is up, reflect on any change you may have noticed to your emotion or mood during or after this brief exercise.

Share about your experience or keep it to yourself. Know that there is no wrong way to feel.

Thankful for 30 is also a great routine for when you are settling down for sleep.

## **Gratitude Buddies:**

Each week, at a time determined by the teacher or as a family, students will meet with a gratitude buddy. These pairs can be random or preassigned. Buddies will take 2–3 minutes to share one or more things that make them feel grateful. This can be done with siblings, trusted adults, in person or on a video meeting platform.