



Year 7's Autumn 2 Value



Gratitude



Gratitude is the ability to recognise and appreciate the good things in our lives - whether they are big or small - and to acknowledge the people or circumstances that made them possible.

Teaching children to be grateful is one of the most powerful ways to help them grow into emotionally healthy, kind and resilient adults. It helps to build positive thinkers who focus on what is going well in their lives and instead of making comparisons, appreciating what they already can do/have. Research shows that people who practice gratitude tend to be happier and less stressed. We aim for our students to develop a more optimistic outlook on life, whilst valuing what they have.



Questions/talking points for home.



- Can you think of a time when someone did something kind for you? How did it make you feel?
- Who has helped you become the person you are today?
- What's one nice thing someone has done for you today?
- What about your home do you appreciate?
- Who is someone you can always count on when you're having a bad day?
- What specific qualities do you admire about the people close to you?
- How can you express gratitude?
- How can we as a family help someone else feel more appreciated this week?
- Who in our local community are you grateful for?

Could you make a gratitude card/postcard for someone?



Don't forget to email to tell us when you have been grateful outside of school for x5 merits!

