

# NOVEMBER NEWSLETTER

## Gratitude Activities to Enhance Student Wellbeing

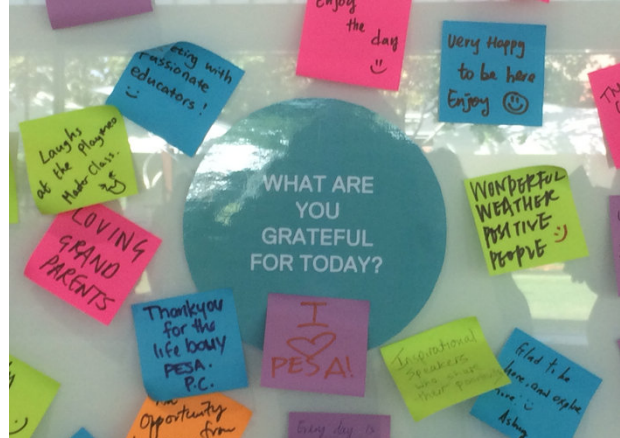


### NOVEMBER IS THE MONTH OF GRATITUDE

Gratitude is the combination of attending to something, savouring it, and expressing your appreciation. Some of the many benefits of gratitude are that it teaches us to pay attention, a critical skill required for learning; it increases our experience of positive emotions, which in turn improves our creativity and problem solving abilities; and it builds relationships, which we know have one of the biggest impact on our wellbeing.

How did you give thanks this month? Here are three exercises to increase gratitude in yourself and your child/student.

1. At the beginning of the week, tell your students that on Friday you are going to ask them to share what has gone well this week. This trains them to be on the look out for things to be grateful for, counteracting our natural negativity bias. Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005) asked participants to write down 3 things that went well each day and their causes for a week. The results were increases in happiness levels and decreases in depressive symptoms for up to 6 months after the intervention. For parents, before bed ask your child 'What went well today?'
2. Gratitude Walk - walk around your school or neighbourhood with your children/students and ask them to point out things/places/people they are grateful for and why (Waters, 2017).
3. Gratitude Card. This can be simple. Include what you are grateful for and why, and how you felt when you received the gift/experience. Younger children could do a gratitude drawing or combine the two.



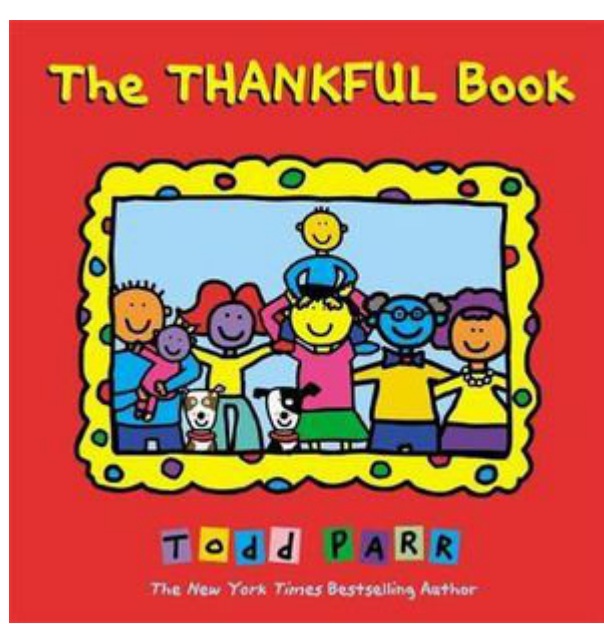
### Whole School Suggestion

Have a gratitude board - one in the staff room and one for students. Have colourful post it notes near by for people to write what they are grateful for.

### Book Recommendation

This colourful book reminds children of all the things they have to be thankful for.

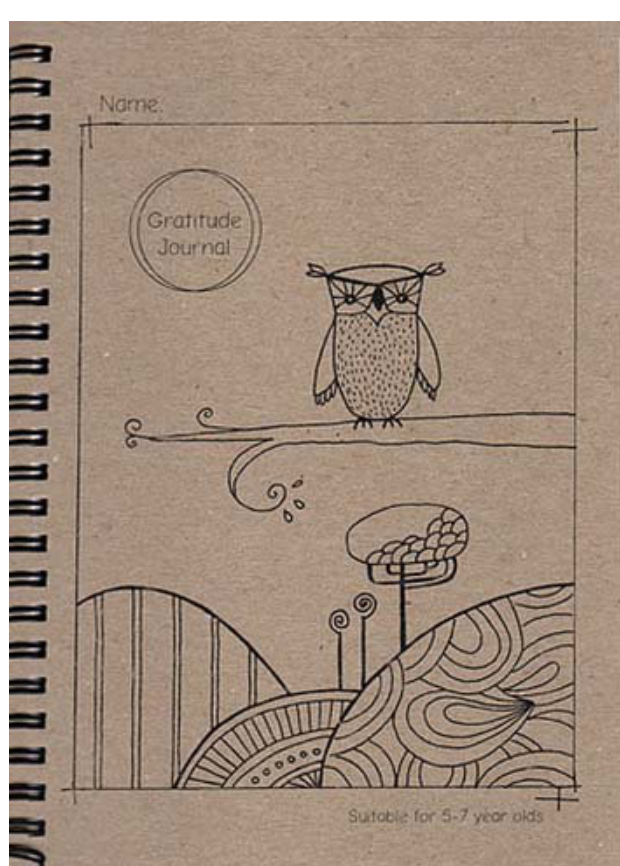
[More Info](#)



### Gratitude Journals

Looking for a wellbeing gift? Why not give the gift that keeps on giving - Gratitude Journals. Practicing gratitude helps us to focus on all the goods things in our lives, enhancing psychological and physical health. We offer 3 Journals for ages 5 years to adults.

[See more](#)



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Warmest wishes,  
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