

GRATITUDE EXERCISE

This exercise is most effective when used following a stilling exercise, when students are already settled and calm. Read the following text at a slower than usual pace, taking the time to pause for a second or two at the end of each section or phrase.

Focus first on your body. What it has done and continues to do for you.... Feet that can take you where you want to go. Arms to carry, hold, give hugs and get creative. Eyes to see things with, ears to hear things with. Limbs that stretch and move. Your ability to walk, run, skip, dance, make music and sing. Your heart that beats always, pumping what you need around your body. The ability your body has to heal itself. In your mind, say to yourself – I am grateful for my body. Try to feel the warmth of gratitude in your heart.

Focus on the people in your life that mean the most to you now and in the past.... your family and close friends. Acquaintances, teammates, colleagues and classmates. Think about the people that make up the fabric of your life. The people who have made a difference in your life. Think about the people who have touched your life in some way whether big or small and feel grateful for them. Say to yourself – I am grateful for the people who have touched my life so far. Try to feel the warmth of gratitude in your heart.

Focus on the experiences in your life that have meant the most to you.....Think of times when you have felt at peace, happy and free. Try to connect to those feelings again as you visualise those experiences in your mind. Think of some of the wonderful adventures you have had. Places you have visited. Sights you have seen. Say to yourself – I am grateful for the experiences I have enjoyed during my life so far. Opportunities to travel, to spend time doing what I love. Opportunities to spend time with people I love.

Focus your attention now onto Your Self.....You are a unique individual with so much potential and abilities that you are yet to discover. You have been blessed with the gift of life.

You have the ability to imagine, to feel, to experience and to love. You have the ability to communicate, to learn, to know and to grow. You can evolve and learn from the past and the future is yours to shape and to experience. Say to yourself – I am grateful for me. I am grateful for the lessons I have learned so far and the opportunities to learn that are coming to me in the future. Say to yourself – for all this, for all that I am, I am grateful. I am grateful to be me.