

# Gratitude



## What is gratitude?

Gratitude is what we are thankful for and appreciate in our lives. It's easy to take the little things for granted - a hot shower, a hug from someone who loves us, a favorite meal, the birds outside our window. When we practice appreciating these things, we start to notice and enjoy them even more. Scientists are learning that gratitude changes our brains, making us happier, relieving stress, improving sleep, and strengthening our relationships with family and friends.

*Below are some examples of gratitude. Remember, everyone's gratitude is different and there are no 'wrong answers'!*

- "I am grateful for my cat because she keeps me company."
- "I appreciate my grandma because she reads to me."
- "I am grateful for the rain because it waters the plants in my neighborhood."
- "I am grateful for pizza because it's delicious."

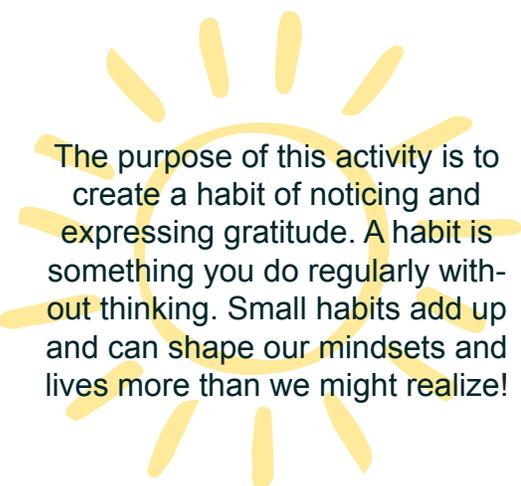
## What if I feel sad, not grateful?

It's normal and healthy to feel sad, angry, nervous, frustrated, and other difficult emotions.

Sometimes it helps to express these feelings before or along with gratitude.

Trying to fake gratitude or skip over sadness never helps. Our sadness and gratitude can be connected.

For example, I might feel sad about missing my friends, because I appreciate and care about them.



The purpose of this activity is to create a habit of noticing and expressing gratitude. A habit is something you do regularly without thinking. Small habits add up and can shape our mindsets and lives more than we might realize!

## Ways to express and share gratitude:

- Ask everyone at your dinner table what they are grateful for today.
- Say it outloud to yourself when you first wake up in the morning.
- Write 1 thing you are grateful for in a journal before bed. See if you can get to 100!
- Tell someone you are grateful for them and why, or write them a note.
- Keep a gratitude jar in your kitchen with slips of paper next to it. Invite your family to write down their gratitude and add it to the jar whenever they like.

We want to share gratitude with you!

Check out our gratitude on Instagram stories, and tag us in yours!

You can find us @wildearthny

