

# An Attitude of Gratitude

Sometimes it can be hard to remember all the good things we have going on, especially when we have not seen our friends and family for a long time. Taking a little time to think about what we are grateful for is a good practice that can help us to be more positive and even help us to feel happier and become more resilient. Here are some ideas for how to cultivate an attitude of gratitude.

## Mindful Walking:

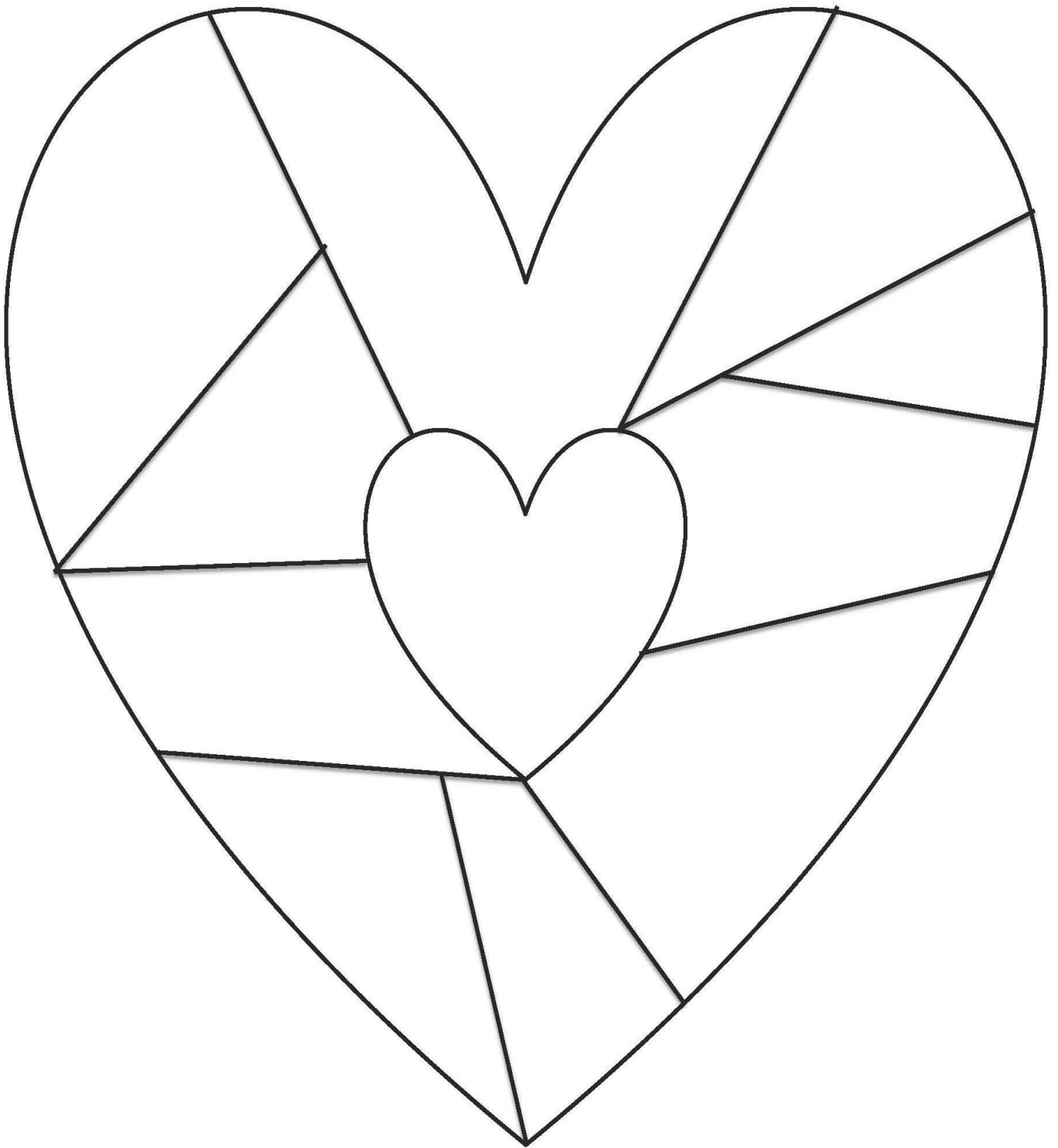
First, try this meditation. If it's wet and you don't want to go outside, just try another meditation from the Peace Out series on Cosmic Kids' YouTube Channel. Mindfulness is being aware of how we feel in the moment and taking time to appreciate what's around us encourages us to be grateful. Jaime's doing an autumn walk in her video, so you'll have to think about what your summer mindful walk might look like.

<https://www.youtube.com/watch?v=oP3Deuv8tbc>



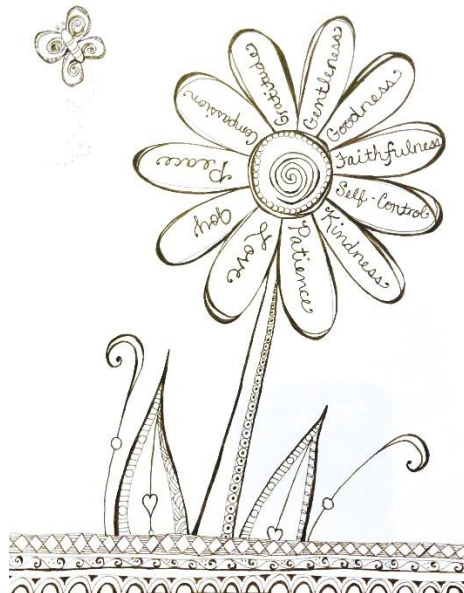
## Heart Map

Copy this heart or print it out. Draw or write something you love in each of the sections and colour it in.



## Gratitude Flower:

Make or draw a flower. You can use the examples below for some ideas or you can make up your own. Write your name in the middle of your flower. Write something you are grateful for on each of the petals.



## Google Classroom:

Upload a photo of one of your activities to Google Classroom and tell us how you got on.