

Gratitude Wall

Gratitude

The Gratitude Wall is an engaging and uplifting activity designed for schools, workplaces, and families. It serves as both a creative expression of gratitude and a beautiful visual reminder of the positivity in your life. Building a Gratitude Wall is simple and enjoyable and provides an ongoing source of inspiration and joy each time you walk past it.



Learning Intentions

Cultivating a Practice of Gratitude:

Students will learn to identify and express gratitude regularly, fostering a habit of positive reflection on the good things in their lives.

Enhancing Emotional Well-being and Positivity:

Students will focus on positive emotions and experiences, contributing to their overall emotional well-being and helping to create a positive atmosphere in the classroom, workplace, or home.

Building Community and Connection:

Students will contribute to a collective Gratitude Wall, strengthening the sense of community and connection among participants by sharing and reflecting on each other's notes.



Success Criteria

Regular Participation in Gratitude Reflection:

Students consistently participate in the activity by rolling the dice, answering the corresponding question, and adding their thoughts to the Gratitude Wall, demonstrating an ongoing commitment to practising gratitude.

Thoughtful and Personal Responses:

Students provide thoughtful and meaningful responses on their Post-it notes, reflecting on personal experiences and emotions that contribute to a deeper understanding and appreciation of gratitude.

Active Engagement with the Gratitude Wall:

Students actively engage with the Gratitude Wall by reading and reflecting on the notes posted by themselves and others. They show appreciation for the shared expressions of positivity and contribute to a supportive environment.



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Overview:

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Materials Needed:

- Post-it notes
- Pen
- Six-sided dice

Instructions:

1. **Setup the Wall:** Choose a wall or a prominent space where you will build your Gratitude Wall. This could be in a classroom, office, or a shared family area.
2. **Rolling the Dice:** Each day, week, or whenever you want to boost your mood, roll a six-sided die.
3. **Answer a Question:** The number you roll corresponds to one of the following questions. Write your response on a Post-it note:
 - a. What is something I can see at this moment that makes me happy?
 - b. What's the best thing I have done in the last week?
 - c. Today, I am excited to see... Because....
 - d. I get excited when I....
 - e. If I had one wish today, I would wish for....
 - f. Today, I am very proud of....
4. **Add to the Wall:** Stick your post-it note on the Gratitude Wall. Encourage others to contribute as well, filling the wall with positive thoughts and reflections.
5. **Reflect and Enjoy:** Each time you walk past the Gratitude Wall, take a moment to read the notes. Reflect on the wonderful people, experiences, and moments of joy captured on the wall. Let it serve as a reminder of all the positivity in your life.





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Purpose:

The Gratitude Wall is more than just an activity; it's a continuous practice that fosters a culture of thankfulness and reflection. Whether in a school, workplace, or home, the Gratitude Wall serves as a daily reminder of the good in our lives, encouraging mindfulness and a positive mindset.

Discussion Questions:

- What is something I can see at this moment that makes me happy?
- What's the best thing I have done in the last week?
- Today, I am excited to see... Because....
- I get excited when I....
- If I had one wish today, I would wish for....
- Today, I am very proud of....

Conclusion:

The more gratitude notes on the wall, the better! This activity promotes a positive environment and creates a visually stunning art display that will make you smile from the inside out.

