

Gratitude Walk

GRATITUDE

To help students reflect on what they are thankful for by engaging in an outdoor walk where they identify and share things they appreciate in their environment.



Learning Intentions

I can reflect on the things I am grateful for and express my appreciation:

This encourages students to take time to appreciate the positive aspects of their surroundings and their lives.

I can notice and appreciate the natural world around me:

This helps students develop mindfulness and encourages them to notice the beauty and positive things in the world around them.

I can share my gratitude with others:

This fosters communication and encourages students to verbally express the things they are thankful for, reinforcing gratitude as a practice.



Success Criteria

Identifying and Sharing Gratitude During the Walk:

Students can identify and share things they are thankful for during the walk, ensuring they actively reflect on and identify positive aspects of their environment.

Appreciating Surroundings and Joyful Things in Life:

Students can appreciate their surroundings and the things in their life that bring them joy, reinforcing the habit of noticing and appreciating everyday moments and elements of nature.

Contributing to the Group by Sharing Gratitude:

Students can contribute to the group by sharing something they're grateful for, encouraging active participation in the gratitude-sharing aspect of the activity.



Gratitude Walk

GRATITUDE

Objective: To help students reflect on what they are thankful for by engaging in an outdoor walk where they identify and share things they appreciate in their environment.

Players: Ideal for small groups or entire classes.

Materials: None (just students and a safe walking area).

Time Required: 15-20 minutes

Setup: Prepare for a walk around the school grounds, playground, or nearby natural area. Remind students to dress appropriately for the walk and to bring a positive attitude toward the activity.

Gameplay:

1. **Introduce the Concept of Gratitude:** Start by explaining that today's walk will be about noticing and appreciating the things around us. Discuss what gratitude is and how it can be expressed (e.g., appreciating nature, friends, or even simple things like the weather or a fun game).
2. **Set the Tone for the Walk:** As the class walks, encourage students to keep their eyes open for things they are thankful for. These could include things like:
 - The beauty of the trees, flowers, or the sky.
 - The warmth of the sun or the cool breeze.
 - The sound of birds singing or the rustle of leaves.
 - Their friends walking alongside them.
3. **Share Gratitude:** Every few minutes, stop and ask students to share something they are grateful for that they've noticed on the walk. This could be anything from something in nature to a simple moment of joy with their friends. Students can take turns sharing their gratitude aloud with the group.
4. **Reflection Time:** After the walk, gather the students and discuss the experience. Ask questions like:
 - "What was the most interesting thing you saw on the walk?"
 - "How did it feel to think about things you are grateful for?"
 - "What do you appreciate most about nature or the world around you?"

Gratitude Walk

GRATITUDE

Winning the Game: There is no winner in this activity. The goal is to foster a sense of gratitude and appreciation in the students. Success is measured by students' active participation in identifying and sharing things they are thankful for.

Additional Notes: The Gratitude Walk is a simple but effective way to practice mindfulness and appreciation in an outdoor setting. It helps students recognise the importance of slowing down and appreciating the world around them. The activity fosters a positive mindset and encourages students to carry the practice of gratitude with them beyond the walk. It can also be adapted to other settings, such as walking in a park or around the neighbourhood.