



Session 12

# RECAP

So far we have learnt...

- ★ What emotions are and how to change our mindset
- ★ Who we can talk to
- ★ What moral courage is



Back in session 7, we looked at the importance of gratitude.

Can you remember what is is?

Why might it be important?



THE SCIENCE OF

# gratitude

grat·i·tude | a feeling of appreciation or thanks

The background is a light-colored, textured wooden surface. It is decorated with various Christmas items: several wrapped gifts in red, orange, and gold paper with ribbons; pine branches with red berries and white snow; gold and silver ornaments; a gold star; a small gold Christmas tree; and dried orange slices. The text is centered in a bold, red, sans-serif font.

Why might Christmas be a good  
time to try and practice  
gratitude?

# HEALTHY SCHOOLS CHALLENGE:

1. Create a paper snowflake. Whilst you are making them, chat to the people around you about your favourite parts of Christmas.
2. Write onto your snowflake something you are grateful for in 2019 - it could be a person, a situation - whatever you like.
3. Create a display in your form room of the gratitude snowflakes.





We have explored before the fact that music can be very positive for our emotional health. As you make your snowflakes, as a form, either chat about Christmas and/or listen to some of your favourite Christmas tunes.

“Maybe  
Christmas,”  
he thought,  
“doesn’t come  
from a store.”

“Maybe  
Christmas,  
... perhaps ...  
means a little  
bit more!”

