



# Session 7

# RECAP

Last session, we were thinking about encouragement...

- ★ Who has created a badge design? Which affirmation did you choose? Why?
- ★ Why is it important to be encouraging?



What is gratitude?

When might you show gratitude?



Negative or difficult situations can leave you feeling like things are always going to be that way and won't get any better. It's easier to remember the bad things instead of the good things, because it's easier to remember things that are linked to your emotions, and bad things often make us experience more extreme emotions.

Gratitude challenges this!

Gratitude helps you to see the good in situations, and then to remember it so you don't feel overwhelmed by the bad. When you are grateful, it changes your attitude and thinking. You feel as though it can and will get better, that you do have people who care about you, and that whilst things can be tough - there is always something to learn, take notice of and be thankful for.

gratitude  
**CHANGES**  
everything



SOULPANCAKE

WHAT MAKES

YOU

HAPPY?



What are  
you grateful  
for today?

# HEALTHY SCHOOLS CHALLENGE:

Either think back or look at pictures you have at home or on your phone. Pick four things, people or memories you're thankful for and create either an Instagram post or write a note showing your gratitude.





Piglet noticed that even though he  
had a very small heart, it could  
hold a rather large amount  
of Gratitude.

-A.A. Milne

