



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



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!”

