

Practicing Gratitude in Daily Life

The following suggestions can be used by individuals or with classes to actively practice gratitude.

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Second-a-Day Gratitude Collection:

- Apps like ISE: 1 Second Everyday (<https://1se.co/>), available for Android and iOS, can be used to capture a picture or one-second video of something for which you are grateful every day. The app can be set to remind you so you can capture something from every day.
- Possible benefits:
 - As you develop the habit of looking for something to represent the day, you may start approaching your day looking for the positives.
 - You will be able to create a video of 365 examples of positive things over the course of the year.
 - Practicing gratitude can build positive character and health and can reduce feelings of envy.

Thanksgiving Cards:

- Around Thanksgiving, or at any time of the year, write a note to someone for whom you are thankful. Instead of only sharing why you are thankful for them, try to include what the person might have sacrificed or dealt with so you could benefit.
 - Example: "Thank you, Mrs. Smith, for taking time to help me learn my honors band solo. I am sure the extra time you spent staying after school with me and my classmates meant that you had to sacrifice time with your family."
- Possible benefits:
 - Recognizing the ways others have given for your benefit can help you recognize your role in creating experiences of gratitude for others.
 - Identifying ways others have been supportive or helpful to you can remind you of the good things in the world.
 - Practicing gratitude can build positive character and health and can reduce feelings of envy.
- Suggestion: Do this activity with your students around Thanksgiving.

Practice Giving Feedback in the School:

- Find reasons to authentically express gratitude for actions of students, staff, or other teachers & how the actions improved the situation for you, the class, society, etc. More than just "thanks."
 - Example: "Thank you for helping by fixing the spacing in the row of chairs. That will help me get home to my family sooner today!"
- Possible benefits:
 - Sharing how the actions of others can have cumulative positive benefits beyond the initial task performed can increase their desire to engage in helpful actions.

Use Teachable Moments to Reframe Frustrations:

- When something is not going well or something is frustrating, look for teachable moments to identify the benefits of enduring challenge.
 - Example: "I am so mad. I have so much homework. Maybe I will just not do it. I hate homework." This thought could be reframed: "I don't enjoy the sacrifice of the time it takes to do homework but when I do my homework diligently, I do better on assessments and feel more confident in my skills."
- Possible benefits:
 - Recognizing that even in seemingly undesirable situations, there can be positive outcomes can help build resilience.