

Materials	Access to the internet, paper, markers
Learning Outcome	Demonstrate self-awareness by practicing a gratitude exercise.

Description

Invite the child to sit in a quiet place in a comfortable position. Explain to them that they will practice a mindfulness exercise about gratitude. The ability to show gratitude has been proven to support overall health and well-being. Share with the child that the words *adversity* and *vulnerability* are used in the exercise and provide them with a definition of these words if needed. Play the [Gratitude Affirmations Practice](#) for the child and allow them to do the exercise.

After they have completed the exercise, discuss with the child any thoughts or feelings that arose for them. Invite the youth to make a graffiti design on a piece of paper to illustrate their gratitude. The child can choose a few words that represent their gratitude and design them on the paper in bright, bold letters. They can then design other images around the paper with bright, bold colours and fill the paper so there are no white spaces. If needed, the child can do an internet search for paper graffiti art to get ideas.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- How can you practice gratitude each day?
- How can having gratitude help you to show empathy for others?