



How can we show Gratitude?

Gratitude at School

- Thank the cleaning staff and building supervisor for keeping our school clean and germ free.
- Thank all the school staff who help you to learn.
- Thank your friends who look after you and make you laugh.
- Thank the canteen staff for providing warm meals every day.



Gratitude at Home

- Make a gratitude jar or tree to record everything you are grateful for.
- Leave a thank you note for your adult who makes your meals every day.
- Play 'Alphabet Thanks' by thinking of with one thing for each letter that you are thankful for.



Grateful Grainne



THANK
YOU

Gratitude in the Community

- Make a thank you sign for NHS workers who go the extra mile to take care of us.
- Recognise those who work hard for us like supermarket staff, postal staff, refuse collection, police, fire service and many more.
- Have a gratitude walk and look for things to be grateful for like beautiful leaves, the smell of rain, friendly neighbours.
- Donate outgrown clothes and toys to charity shops.



Never let the things you want make you forget the things you have.