

## 2 Gratitude Activity Plan



*This is a main activity to be delivered in one session.*

### Activity 2.1



Remind the participants that we are here to learn ways to feel good about ourselves and to feel good in general, and gratitude can help with this. To start the exercise each participant should give a score out of 5 about how they feel right now, with 1 being amazing and 5 being pretty bad. Write it down somewhere.

#### Resources

- Gratitude cards

### Activity 2.2



When everyone has made a note of the score, share the information from the fact sheet, but adapt it to the group to make it easy to understand. Hand around the cards and ask people to think about whether they can share something that is written on their card. They can swap or change their card if they want to.

#### Resources

- Gratitude Fact sheet
- Activity Prompts

### Activity 2.3



Go around the room and ask everyone to read and respond to the gratitude question on their card.

### Activity 2.4



At the end of the exercise ask everyone, without looking at the score they wrote down, to give themselves another score and to notice if it's different. If it is different, then think about how you can incorporate gratitude into your life for your wellbeing, including by writing about it in a journal.

#### Learning outcomes

- Understand the value of gratitude to mental health resilience
- Have a way of measuring whether an activity improves our state of mind