

## 30-days of GRATITUDE in action at Hodge Hill Girls' School

Try one every day.		Can be in any order.		Keep a log of it.	
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Volunteer to help ventilate the room.	Pair-share 3 things you are grateful for today.	Why are you grateful for today's weather? (Can you shift your mind to a positive?)	Read a quote on gratitude.	Pair-share how ungrateful people make you feel?	Pair-share: Why are you grateful for your senses?
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Give a friend a compliment.	Tell someone today why you appreciate them.	Pair-share: What happy moments have you experienced today?	Say meaningful thankyou's through the day.	Recognise a peer's achievement.	Give a gratitude card to a parent/teacher.
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Pair-share: Why are you grateful for being at HHGS?	Spend quality time with your family.	Pair-share: Why you are grateful for living in the UK.	Try not to complain today.	Write a poem about gratitude.	Find gratitude in a challenge you face today.
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Use your gratitude language today.	Pair-share: which teacher you are grateful for & why.	Show your gratitude through active listening.	Train your mind to be grateful- practice mindfulness.	Pair-share: Why should you be grateful for your health?	Help a peer to think/behaviour positively.
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Pair-share: Why are you grateful for your speech?	Pair-share: Why are you grateful for break/lunch times?	Change a negative thought into a positive thought today.	Pair-share: Teach someone how to be grateful.	Avoid being fussy today- appreciate everything.	Be grateful to those that are keeping you SAFE.

**“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”**



**William Arthur Ward**

