

GRATITUDE

Positive Psychology Activity

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Objectives for today

1. To express gratitude to someone you never properly thanked; and
2. To utilize your artistic ability in creating a Gratitude Card

Positive Psychology Activity

GRATITUDE

CARD



Potential Benefits of Making a Gratitude Card

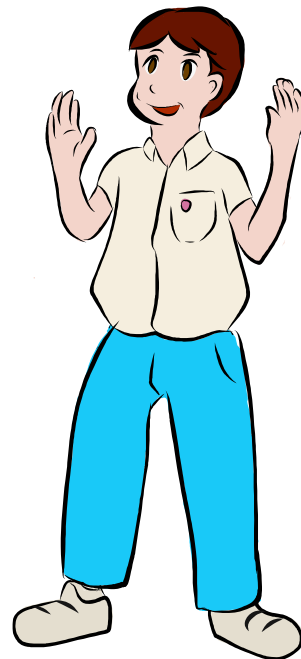
Writing letters of gratitude can improve health (e.g. increase sleep, improve appetite) and increase levels of happiness



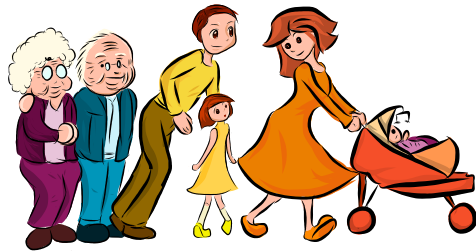
Last year, I prepared a gratitude card for my family. After doing it, I felt happy because I was able to thank someone. The card was fun to make.



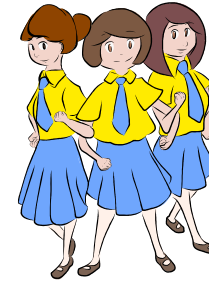
We have people in our lives
whom we can be thankful for.



People



Family Members



Friends



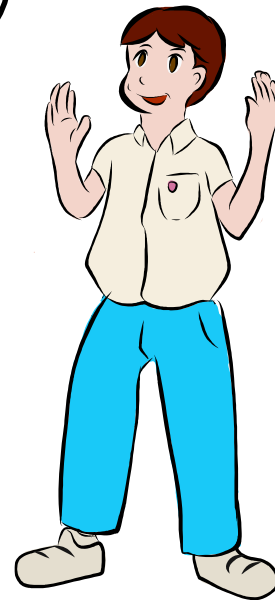
Teachers and Tutors



School staff

Focus on one special person

I am thankful
for...



Think of a **special person** to whom you want to express your gratitude but **you have never properly thanked**.



1. Turn to page 4 of your Activity Handout.
2. Create a Thank You card for the special person whom you have chosen. Feel free to design and decorate the card.
3. Please write a note for this special person.
 - Why are you grateful to him/her?
 - How did this person touch your life or inspire you?
 - What are the troubles/sacrifices that this person experienced to make your life better?
 - How does this person make you feel?
 - Without this person, how will your life be like?

Gratitude Card Template

Dear _____,

Thank you for _____

_____.

You make me feel _____

_____.

Without you _____

_____.

With gratitude,





Reminder:

Please express your thoughts freely. If you do not want anyone here to read your card, please seal the envelope. We will respect your privacy.



Sending the card:

1. You can make somebody happy if you give this card to him or her. I encourage you to personally give the card to the intended recipient.
2. You can or mail the card to the person if you cannot meet him/her in person.

Post-Activity Reflection

What did you feel while doing this activity? Please rate your feelings on page 3 of the Activity Handout.

Feelings	Very slightly or not at all	A little	Moderately	Quite a bit	Very Much
1. Excited	1	2	3	4	5
2. Afraid	1	2	3	4	5
3. Inspired	1	2	3	4	5
4. Enthusiastic	1	2	3	4	5
5. Determined	1	2	3	4	5
6. Upset	1	2	3	4	5
7. Alert	1	2	3	4	5
8. Nervous	1	2	3	4	5
9. Distressed (Stressed out)	1	2	3	4	5
10. Scared	1	2	3	4	5

Post-Activity Reflection

What do you think about yourself after doing this activity? Please rate each statement on page 21 of the Activity Booklet.

Statements	Very untrue of me	Untrue of me	Somewhat untrue of me	Neutral	Somewhat true of me	True of me	Very true of me
1. At this moment, I feel that I have so much in life to be thankful for.	1	2	3	4	5	6	7
2. If I had to list everything that I am thankful for right now, it would be a very long list.	1	2	3	4	5	6	7
3. When I look at the world, right now, I do NOT see much to be thankful for.	1	2	3	4	5	6	7
4. At this moment, I am grateful to many people.	1	2	3	4	5	6	7
5. At this moment, I appreciate the people, events, and situations that have been part of my life.	1	2	3	4	5	6	7

Suggestion:

As giving and receiving gratitude may increase your happiness and the happiness of others, you may want to consider writing and giving Gratitude Cards to other people you have never properly thanked.

