

GRATITUDE

Positive Psychology Activity

By:

Imelda S. Caleon

Ronnel B. King

Gregory Arief Liem

Tan Chee Soon

Jennifer Pei-Ling Tan

Rachel Lam

Nur Qamarina Binte Ilham

National Institute of Education

Singapore

Source: Dr Imelda Caleon, Project OER 06/13 RBK funded by the Education Research Funding Programme, National Institute of Education (NIE), Nanyang Technological University, Singapore. Adapted by Knowledge Mobilisation Unit, Office of Education Research, NIE, 2017. This resource may be reproduced for educational and non-commercial purposes only. If you wish to adapt or reproduce this resource, please contact Dr Imelda Caleon: imelda.caleon@nie.edu.sg.

COUNTING EVERYDAY BLESSINGS



Source: Dr Imelda Caleon, Project OER 06/13 RBK funded by the Education Research Funding Programme, National Institute of Education (NIE), Nanyang Technological University, Singapore. Adapted by Knowledge Mobilisation Unit, Office of Education Research, NIE, 2017. This resource may be reproduced for educational and non-commercial purposes only. If you wish to adapt or reproduce this resource, please contact Dr Imelda Caleon: imelda.caleon@nie.edu.sg.

Objectives for today:

1. Prepare a list of everyday gifts or blessings
2. Share a list of gift and blessings with peers
3. Explain why you are thankful for the gifts or blessings received

Potential Benefits of Counting Blessings

Counting Blessings can help you feel better about your self and life conditions and improve your relationships.

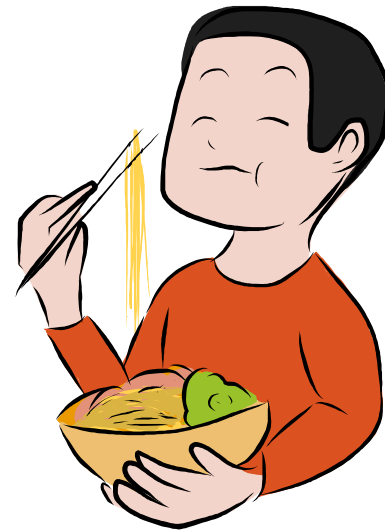
The Counting Blessings activity made me realize that I have a lot of blessings.



Everyday Blessings

Each day, we receive a number of blessings that we often ignore.

These blessings are things that make you smile and feel good.



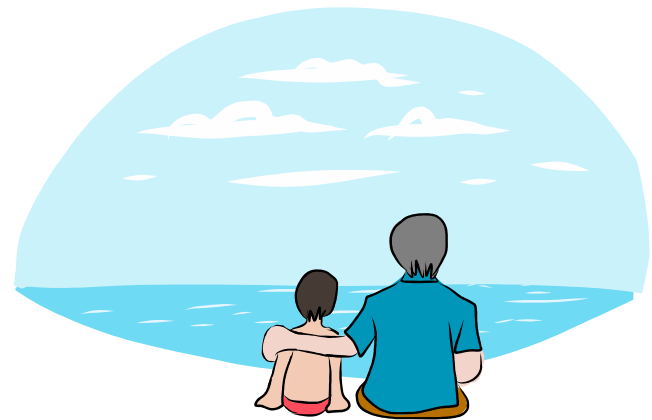
Everyday Blessings

These are things
that make you feel
comfortable.



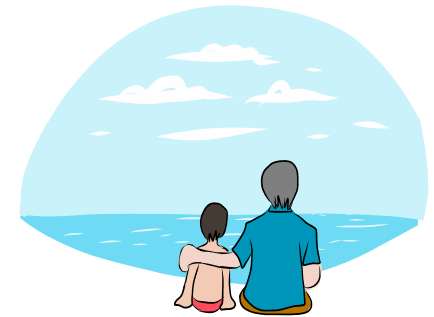
Everyday Blessings

These are things
that **touch** your
heart and inspire
you.



Everyday Blessings

A blessing helps us to have a good life and/or make us feel happy.



Sharing Everyday Blessings (8–10 mins)

1. Form groups of 5.
2. Each group member will take turns to draw one piece of paper from the bowl, silently read the questions on the paper and think about his or her response to the question.
3. After all the members have completed reading their respective papers, each one will read and answer the question written on the paper aloud.



Example: “What made you smile today?”

Note: The group members can clarify the responses of the person sharing.

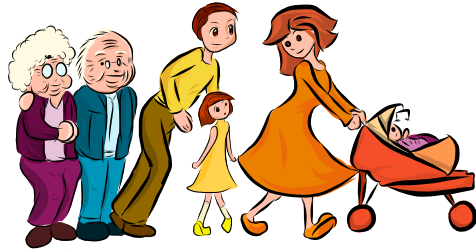
4. After all of the group members have shared their responses to the group, each one will go back to his/her seat.

Blessing as Gift

Most of the everyday blessings that we enjoy can be regarded as gifts.



People



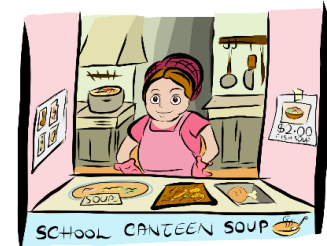
Family Members



Friends



Teachers and Tutors



School staff

Counting Everyday Blessings (5 mins)

1. Please turn to pages 2-3 of the Activity Handout.
2. Think about a blessing or gift that you are grateful for in the past few days. This can be a positive event or a thing. Why are you grateful for this blessing/gift? Write down the person who is responsible for the blessing. Give the reason why you are grateful to him/her. What did he/she have to do to offer you such a blessing/gift?
3. You may also add a drawing showing why you are grateful to each entry in your list.
4. Repeat the above steps for **four** more blessings.

Counting Everyday Blessings

Example:



I am thankful for the time to learn more about Algebra **because** I can do well in my exams tomorrow.

I am thankful to my mother **because** she helped me with my homework yesterday. Even if she was very tired from work, she still spent time to guide me.

Counting Everyday Blessings

The everyday blessings that we enjoy are usually gifts from others. Who are responsible for your everyday blessings?

I am thankful to...
because...



Pair Sharing of Blessings (10 mins)



The blessing I
received this
week was
from

- The person seated next to you will be your partner.
- Share what you have written to your partner. Just share items that you feel comfortable sharing .
- Why are you thankful to these people?

Post-Activity Reflection

What did you feel while doing this activity? Please rate your feelings on page 11 of the Activity Booklet.

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 11 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

MAKE IT A HABIT



- Each night, before you sleep, think about **3 blessings/gifts** that you received during the day.
- You may write them down in a Gratitude Journal.
- Give thanks to those who have done good things for you!