

A message from your Wellness Team!

This school year has been tough on us all. So we've decided to talk about wellness and ways to help us look after ourselves in difficult times! Each month we will post themes and wellness tips to help you and your family! This month's focus is on the benefits of gratitude and kindness.

Did you know that gratitude and kindness have several health benefits? Studies show that the act of being grateful can increase our happiness, lower stress, reduce feelings of depression, enhance kindness, improve self-esteem, and even help us sleep better. Gratitude helps us see clearly what is truly important in our life already and note what we may need more of. Being kind can even improve your immune system-and who doesn't need that right now!!!

Here are some ideas to help you express gratitude and kindness:

1. Start a gratitude journal. Try to write down a couple of things that you're grateful for every day.
2. Go on a walk and notice things in nature that you're grateful for.
3. Write a thank you note to someone in your life.
4. Create a gratitude board. Use post-it notes to write one thing you're grateful for each day and post them on a wall at home. Consider doing this as a family.
5. Go a whole day without complaining. Instead, focus on the things that you're thankful for in each situation.
6. Create a gratitude jar. Decorate the jar however you like. Each day, write at least one thing you are grateful for on a slip of paper and put it in your jar.
7. Take pictures of things you are grateful for. Create a virtual album of what makes you feel thankful.
8. Create a gratitude tree. Start by drawing a tree trunk and then cutting out several leaves that are large enough for you to write on. Write something you are grateful for on each leaf and attach to the tree trunk. You could even find a branch outside and attach your grateful leaves to it with string.
9. Use gratitude prompts such as I'm grateful for three things I see ... , I'm grateful for three things I hear ... , I'm grateful for these three friends ... , I'm grateful for these three family members ... , I'm grateful for these three teachers ... , I'm grateful for three books I've read ... , I'm grateful for these three experiences in my life, etc.
10. Find a rock that is unique or special in some way. Carry the rock with you in your pocket or place it in a spot at home that you will see. Whenever you touch or see the rock, spend a moment thinking of something you are grateful for.



IMAGINE A WORLD

WHERE WE LOOK OUT FOR EACH OTHER

WHERE WE ALL PAY IT FORWARD

WHERE WE MEASURE SUCCESS IN SELFLESS ACTS

WHERE KINDNESS IS THE PHILOSOPHY OF LIFE

TAKE THE PLEDGE

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