

# GRATITUDE CIRCLE



10 MINS

## PURPOSE

This activity will support the children in noticing and appreciating the things and people that make them feel good and happy.

## ACTIVITY TYPE

Circle discussion

## SET UP

Invite the children to join you in a seated circle.

## FOLLOW UP QUESTIONS FOR CHILDREN

- How did it feel to think about the things we are grateful for?
- Is there something someone else shared that you are also grateful for?

## FURTHER DEVELOPMENT

You may wish to ask the children to accompany their sentence with an action that represents what they are grateful for.

1. Ask the children if they know what gratitude is.

*Gratitude is about noticing and appreciating the things that make us feel good and happy.*

2. Begin the gratitude circle by completing the sentence "Something I am grateful for is..." with your own example of what you are grateful for.

*E.G. Something I am grateful for is having people in my life that bring me joy*

3. Once you have demonstrated, ask the child from the circle to complete the sentence "Something I am grateful for is..."
4. Repeat this by going around the circle and asking the children one by one to share something.