

TUESDAY– GRATITUDE

'Showing gratitude is one of the simplest yet most powerful things that we can do.'

Today we would like you to think about who has supported you through the challenges of lockdown and thank them. Doing something kind for others also makes us feel great!



#croesywellbeingweek

Gratitude



Activity 1

Make a thank you card or send a gift to a loved one, or send them a virtual hug, just to let them know you are thinking of them.



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Activity 2



Plan and organise a healthy meal for your family members.



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Activity 3



Using technology, send a message of appreciation, kindness or gratitude to someone who has helped or encouraged you over the last few weeks.



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Activity 4



Come up with a simple way to show gratitude to people in your community. You might want to leave a kind note of thanks for your bin man or put a card in your window wishing people a lovely day. Simple acts of kindness can make a big difference to others. #croesykindness



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Activity 5



Design a badge that could be made to show your appreciation to all of the NHS staff and key workers who are working hard to keep the country running well
#croesykindness



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Activity 6



Write a list of the positive things to have come out of lockdown. You can think about this on a personal, local or global scale.

GRATITUDE LIST

DATE: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

*Choosing to Have an
"Attitude of Gratitude"
Has a Way of Making Everything Beautiful!*

WRITE AT LEAST 10 THINGS DAILY THAT
YOU ARE GRATEFUL FOR!



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Gratitude

Be inspired by Captain Tom

Captain Tom was motivated to raise money for the NHS - this was to show gratitude for the great work that the NHS do.

Perform a physical challenge to raise awareness for a cause that you want to show gratitude towards

Upload your efforts to Twitter or Instagram
@CroesyPE
#Croesywellbeingweek



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