

Module 7.4

GRATITUDE for Educators



TAKE IT DEEPER:

Ode to Common Things

“So the freshness lives on in a lemon,
in the sweet-smelling house of the rind,
the proportions, arcane and acerb.”
- Pablo Neruda, Odes to Common Things

The above quote is an example from the Chilean poet Pablo Neruda's famous collection of odes called "Odes to Common Things." It is a fun exercise to reflect on very mundane, common things that we might take for granted - and instead show them some gratitude.

You can write an ode, or just a list of simple things - like your favorite socks, your thumbs, or brand new pens or stationery.

This practice was inspired and adapted from Elena Aguilar's book *The Onward Workbook - Daily Activities to Cultivate your Emotions Resilience and Thrive* (2018)

