

## Module 7.4

### GRATITUDE for Educators



## TAKE IT DEEPER: The Art of Gratitude

### Materials:

- Blank journal or sketchbook
- Art supplies such as colored pencils, markers, or paints

### Instructions:

1. Set aside a few minutes each day to reflect on what you are grateful for. This could be anything from small moments of joy to big accomplishments to a person. Try to be specific and detailed in your descriptions, and focus on how each thing or person makes you feel.
2. Choose one thing or person that you are grateful for and create a visual representation of it in your journal. This could be a drawing, painting, or collage that captures the essence of the thing or person you are grateful for. Use your art supplies to bring your gratitude to life.
3. As you create your visual representation, try to immerse yourself in the positive feelings that come with reflecting on gratitude.
4. Repeat this practice daily, choosing a new thing or person to be grateful for each time. Over time, your gratitude journal will become a visual reminder of all the things and people in your life that you have to be thankful for.

### Tips:

- Don't worry about being a "good" artist. This practice is about expressing gratitude, not creating a masterpiece.
- Experiment with different art supplies and techniques to find what works best for you.
- If you're struggling to think of something to be grateful for, start small. Even something as simple as a warm cup of tea or a sunny day can be a source of gratitude.
- Set a reminder or schedule a specific time each day to do this practice, so it becomes a regular habit.

