

Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS

DAILY GRATITUDE WORKBOOK



This workbook has five gratitude activities to encourage children to find things to be thankful for every day. Giving gratitude triggers a boost of happy hormones not only for the person receiving the thanks but also to the person giving the thanks.

The more we practice gratitude the more our brain seeks out things to be grateful for, making us feel even happier.

YOU CAN DOWNLOAD YOUR GRATITUDE WORKBOOK AT WWW.DOSEMAGAZINE.CO.UK/RESOURCES

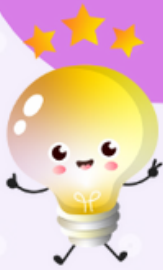
THANK YOU FOR MY BODY

Each day children are encouraged to scan the body and pick six things to be thankful for. They are asked to think about what that body part allows them to do.



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DOPAMINE
 SELF AWARENESS
 GRATITUDE MEDITATION
 COMPLETION OF TASKS



OXYTOCIN
 BUILDING RELATIONSHIPS
 SELF LOVE
 KINDNESS



SEROTONIN
 APPRECIATION OF NATURE
 ENJOYMENT OF FOOD
 IMPROVED SLEEP



ENDORPHINS
 RELAXED MIND
 REDUCED STRESS
 CALM



Acts of gratitude trigger all of our happy hormones which is great for our mood and mindset.

Ongoing gratitude practice has huge health benefits both physically and mentally.

GOODNIGHT GRATITUDE

This nightly exercise encourages children to scan their day thinking of all the good things that have happened. They are looking for the best thing and offering thanks but in the process, they appreciate each good thing.



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HAVE A GRATITUDE ATTITUDE



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