

# WELLNESS ACTIVITY

# GRATITUDE WALL

Practicing gratitude means paying attention to what we are thankful for to the degree of feeling more kind and compassionate toward the world at large. It can motivate people to make positive changes in their lives. Studies show that people can deliberately cultivate gratitude by literally counting their blessings and writing letters of thanks, for example.

## HOW TO PRACTICE GRATITUDE:

Create a wall or board of gratitude statements. This activity can be done by yourself or with a group. Encourage your family, friends, or peers to practice!

Step 1: Grab a marker.

Step 2: Think about something or someone you are grateful for.

Step 3: Write or post it on the Gratitude wall.

