

Gratitude and Appreciation



Gratitude and Appreciation

Start in a comfortable seated position.

We are going to practice gratitude and appreciation for another person. Bring to mind someone who is important to you - someone for whom you feel grateful or are thankful to have in your life.

- Give students a few moments to bring someone to mind.

Picture that person in your mind.

- *Why are they important to you?*
- *Have they cared for you?*
- *Have they shown you kindness?*
- *Have they helped you learn and grow?*

- Give students a few moments to reflect.

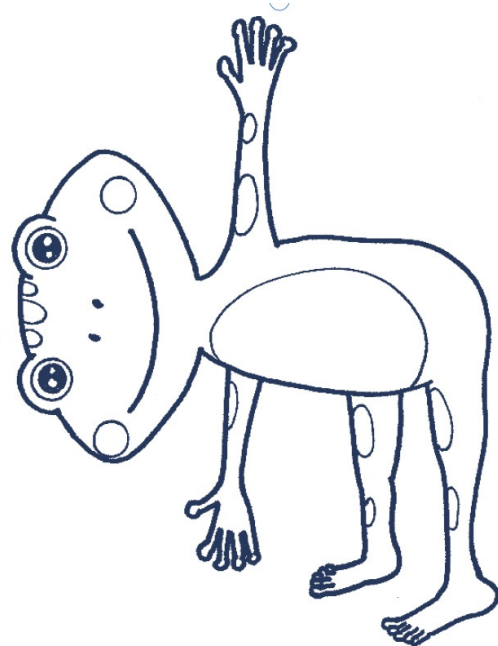
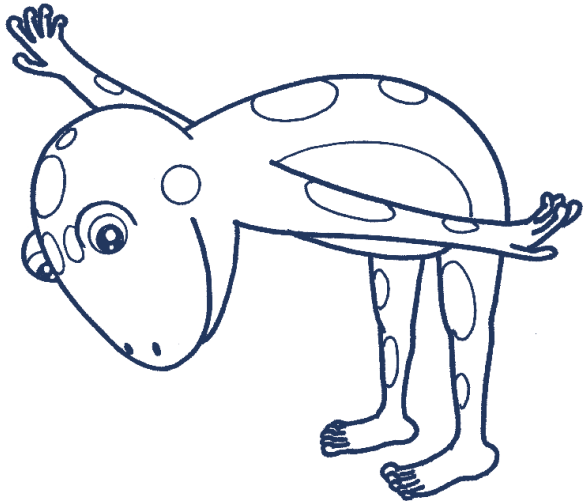
- *When you picture this person, how do you feel?*
- *Check in and notice any emotions that come up in your body and mind.*
- *Do you feel appreciation?*
- *Do you feel gratitude or thankfulness?*
- *Whatever you feel is okay, but if you do feel gratitude for this person, savor that feeling.*
- *Notice what it's like to feel thankful for this person.*

- Give students a few moments to reflect.

- *Imagine telling this person you appreciate them. How do you think they would feel?*
- *Now take a deep breath in and out. Let go of those images from your mind, and just watch your breath.*

- Invite students to share their reflections from the visualization with the group.

Glider and Glider Twist



Glider and Glider Twist Script

- Start in a standing position with your feet hips-width apart.
 - *As you breath in, reach your arms out in a "T" position with your palms facing down toward the ground.*
 - T position is arms reaching out to the sides at shoulder height, and parallel to the floor.
- *Pause here as you breath out.*
 - *Take another breath in and bend forward at your hips until your chest is even with the floor.*
 - *Keep your arms reaching out. [This is Glider]*
- *Exhale and twist to the right. Keep your arms in the same line as you touch your left hand to your right knee, and your right hand reaches toward the sky.*
 - *Inhale, come back to center. [Glider]*
 - *Exhale, and now twist to the left, bringing your right hand to your left knee and reaching your left arm toward the sky.*
 - *Inhale, come back to center [Glider].*
- *Repeat two to three times, alternating sides*
 - *Gently return to standing.*
 - *As you breathe out, gently lower your arms to your sides.*
- *During this practice, were you able to see things from a different perspective? What did you notice?*
- *Twisting can remind us to look at a situation or idea from different perspectives. By twisting, we can take a moment to see a situation from one side and then the other side*