

Gratitude

Step-by-Step Instructions:

1. Have a brief discussion about taking things for granted and focusing on what is really important.
2. Ask the group to go around the circle, introduce themselves and tell one thing they are grateful for in the last week. It is important to emphasize that this can be anything at all. It does not have to be something big, it can be as simple as “The sun is shining today” or “I found a pair of matching earrings.”

Tips for Discussion and Processing

For ongoing groups and classes, this can be a great way to start each week, as a type of group check-in. Often, instructors will decide that this is the one part of class no one can skip. If it has really been a terrible week, then the participant can state they are grateful for air. This can be a sign to everyone else that it has been a tough week. However, other class members will often encourage them to explore other reasons to be grateful. This can really help the class get into a positive mindset for learning. It also is an easy way for the facilitator to know what is happening in the participants' lives.

Group Size: 20 or less

Time Needed: 20 minutes

Goal: To help people get to know each other and start to learn what is important to other members of the group

Audience: Parents, Couples, Families, Teens, Children, Singles

Special Considerations: May have to watch time, as some people may get long winded.

Resources Needed:

- ✓ None