

## The Power of Gratitude

### Overview:

1. Understanding gratitude
2. Thinking in grateful ways
3. Being grateful for failure and challenges
4. Gaining perspective and critical thinking

### Workshop:

1. **Understanding Gratitude** (15 minutes)
  - a. Students read and discuss the quote “The struggle ends when gratitude begins” (graphic on Weebly)
    - i. What does this mean?
    - ii. Apply it to a situation you are currently in (a problem or a challenge; instead of complaining, what can you be grateful for?)
    - iii. How can we apply this in daily life?
  - b. In groups students read and discuss two additional quotes with each other and apply them to their own lives (graphics on Weebly):
    - i. “No matter what the situation, we are very lucky.”
    - ii. “Do not spoil what you have by desiring what you do not have. Remember, what you now have was once among the things you only hoped for.”
  - c. Share thoughts on these quotes.
2. **Thinking in Grateful Ways and appreciating failure as a learning opportunity** (25 minutes)
  - a. Students view acronym of FAIL (First Opportunity In Learning) and discuss what this means and how it links to gratitude (graphic on Weebly).
  - b. Students discuss who JK Rowling is:
    - i. Famous author of Harry Potter books, became a billionaire doing work that she loved and has inspired millions of people with her stories
  - c. View video – JK Rowling’s 10 Rules for success (Weebly).
  - d. Discuss key points with students, particular focus on:
    - i. Failure helps you discover yourself;
    - ii. You will be criticised;
    - iii. We have the power to imagine better.
3. **Perspective and Critical Thinking** (10 minutes)
  - a. Students close their eyes. They are asked to think about their journey to school today. How many people did they pass? Is there a person, or a few people, they remember particularly? Where were these people going? Where were they coming from? Did you even think about their life for a second?
  - b. Students consider a scenario – you are walking in the school gate and say hello to a person who ignores you and walks briskly to their car. How do you react?

- i. The person is rude and has made me upset, nobody ever wants to talk to me. What have I done wrong?
  - ii. That person must have had a really hectic morning, I will try to catch up with them later and see if they are okay.
- c. Students discuss the need for perspective and to be aware that everyone is doing their best to well in their own lives.
- d. View video – If We Could See Inside Others’ Hearts (Weebly)