

# KSI WEEK 1

*"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude"*  
**Winnie-the-Pooh,  
A.A Milne**



## FLOURISH!



### GRATITUDE

Being grateful is about focusing on what's good in our lives and begin thankful for the things we have. Gratitude is pausing to notice and appreciate things that we sometimes take for granted. For example, having a place to live, food, clean water, family and friends.

Trace around your hand on a piece of paper and draw something on/next to each finger that represents something for which you are grateful.

**LITTLE FINGER=** little things in life, like sunshine

**RING FINGER=** relationships (family and friends)

**MIDDLE FINGER=** a nice thing about someone

**POINTER FINGER=** point out the beauty around you, for example something in nature

**THUMB=** give yourself a thumbs up for something you have achieved, no matter how small





## STORY TIME

Ask a parent if you can listen to:

Bear says Thanks by Karma Wilson and Janes Chapman

<https://www.youtube.com/watch?v=Ps6hFuvLFys>

## GOOD MOOD FOOD

An egg a day will provide you with Vitamin B12 which is good for improving your memory and boosting your energy.

An orange a day gives you the right amount of Vitamin C you need to keep healthy and well.



## PAUSE AND FIND PEACE

Ask you parents to watch this simple breathing video. Copy and follow:

[http://www.viewpure.com/cyvuL\\_2avY?start=0&end=0](http://www.viewpure.com/cyvuL_2avY?start=0&end=0)

## MUSIC TO BOOST YOUR MOOD

Listen to:

Happy by Pharrell Williams  
<https://www.youtube.com/watch?v=C7dPqrmDWxs>



## MOVE IT!

GoNoodle- Trolls Can't stop the feeling

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

## CREATE IT!

Make a gratitude jar, that you can keep adding to.

1. Wash out an old jam jar.
2. Decorate your jar with pictures that make you happy
3. Cut up strips of paper and keep them next to your jar.
4. Draw or write things you are thankful for:
  - Loving parents
  - A favourite teddy
  - The sun shining
  - A kind thing your brother or sister did
5. Keep adding your thanks to the jar.
6. If you feel sad, look at your jar and everything you are grateful for.

