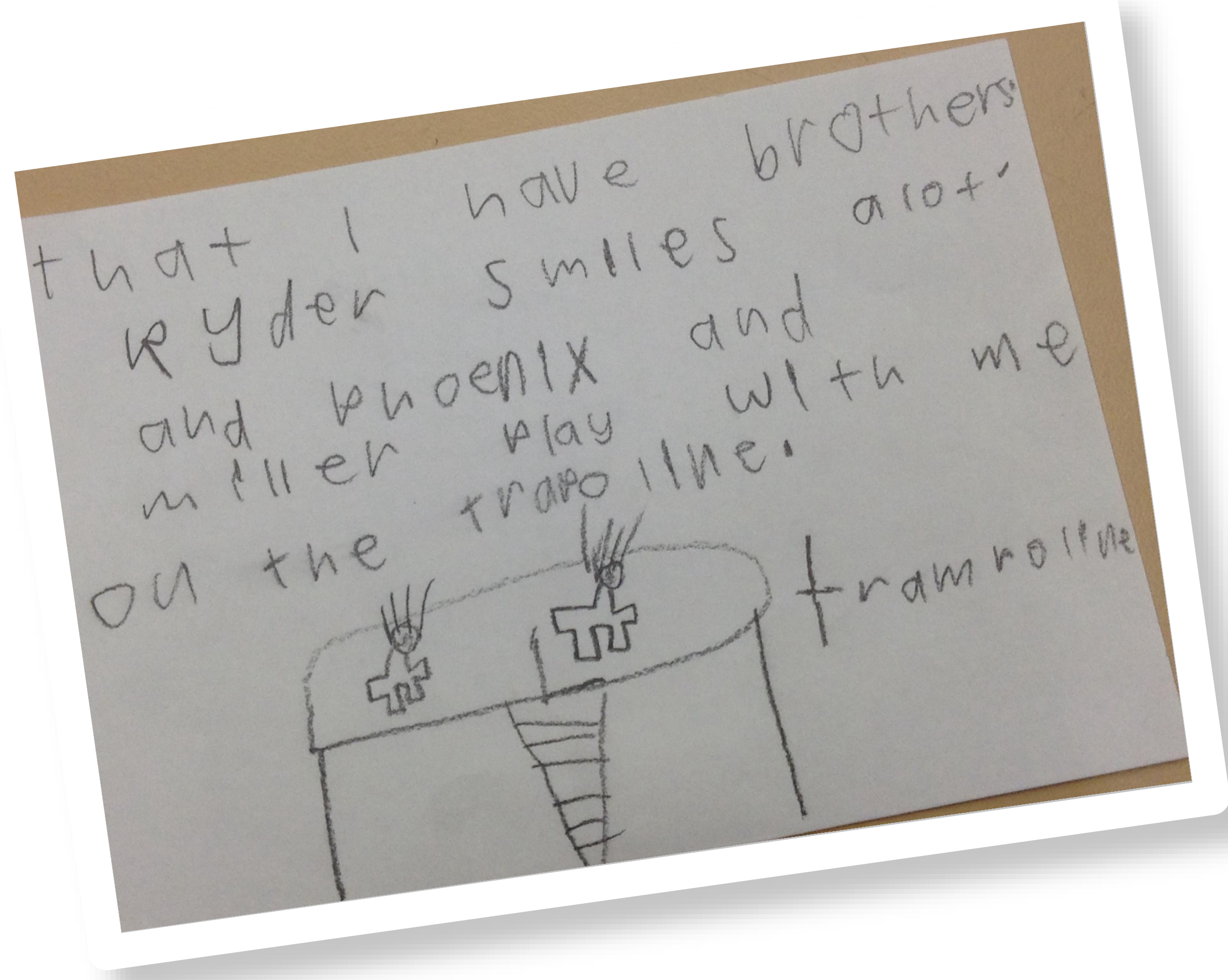


Gratitude is ...the greatest of all virtues...



“Gratitude can be trained, and one way to do so is by a gratitude journal. And by training in gratitude, one can become lastingly happier.”

The further we delved into what we appreciate and are grateful for in our lives the more apparent it became that the prime area for the children was that of relationships. Positive reciprocal relationships was what continually came through in their gratitude journals.

I am grateful that I am at school today because if I didn't I wouldn't know stuff.

I am grateful that I have friends so I can play with them.

I am grateful that Jonty helped me because it made me feel good.

Kindness goes hand in hand with gratitude. The book 'Have you filled a bucket today?' by Carol Mc Cloud tells us that everyone carries an invisible bucket. We read her book and gave each child an individual container. Their friends could then fill this container with notes describing acts of kindness, such as how they had liked it when they had given them a smile or played with them or helped them. In this way they could see their container filling up and so understand that their action caused someone in our class to feel happy. The concept, that by making others feel special can fill your invisible bucket and make you feel special as well, is indeed a beautiful one.

