



Power Community
Youth Program



VIRTUAL CLASSROOM

GRATITUDE



MAJOR PARTNERS:



Government
of South Australia

Department for Education

NAVAL
GROUP

PARTNER:

SEELEY
INTERNATIONAL

Braemar
HEATING COOLING

GRATITUDE

Gratitude is very important in our everyday lives and is an opportunity to focus on the positives around us.

There are many moments that go well in our lives, though we do not remember to notice them.

These moments can be very small or very big. They can be events that happened, skills or strengths we were able to use, goals that we achieved, or good news about others in our lives.

List three things that went well for you yesterday and why they went well.

1.

Why?

2.

Why?

3.

Why?

THINGS I'M GRATEFUL FOR

1. Footy Training

Why? Because I have fun playing footy and get to catch up with my mates.

2. Mum and Dad

Why? For their support. They rang me up last night and wished me luck for the game this weekend.

3. The weather on the weekend

Why? With the sun out on the weekend, I was able to go to the beach and relax.

ROBBIE GRAY



Government of South Australia
Department for Education



GRATITUDE JOURNAL

Over the next week complete a gratitude journal to help you identify what you are grateful for and why.

DAY 1

1.

Why?

2.

Why?

3.

Why?

DAY 2

1.

Why?

2.

Why?

3.

Why?



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DAY 3

1.

Why?

2.

Why?

3.

Why?

DAY 4

1.

Why?

2.

Why?

3.

Why?

DAY 5

1.

Why?

2.

Why?

3.

Why?



DAY 6

1.

Why?

2.

Why?

3.

Why?

DAY 7

1.

Why?

2.

Why?

3.

Why?

Adapted from Lyumbomirsky, 2007



BEING POSITIVE HELPS US BUILD OUR
RESILIENCE
CHARLIE DIXON



Government of South Australia
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