

Name: _____



DIRECTIONS:

Gratitude Notebook

- 1) Do you have a journal or notebook at home? If you do have a journal or notebook, you might want to use that as your new Gratitude Notebook. Or, you can create your own Gratitude Notebook.
- 2) If you do not have a journal or notebook at home, can you create one? Do you have computer paper, loose-leaf, or construction paper? What about a paper bag that you can cut into the shape that you wish? If you can, staple the pages together.
- 3) You might enjoy decorating the cover of your Gratitude Notebook. If you have paper at home, decorate or draw a picture on the paper and glue the paper to the cover of your Gratitude Notebook. You can be creative and use paint and glitter. How about cutting out pictures from magazines and gluing them onto your cover?
- 4) Be sure your name is on the cover. Be sure you give your notebook a title. Perhaps "Gratitude Notebook." Maybe "I Give Thanks." You decide on a title.
- 5) Be sure to write the date on the top of each new gratitude list.
- 6) Write as many ideas and concepts that you are grateful for. You may use bullets as we do in class, or you may write in complete sentences- whichever you prefer.

- 7) Do you have a bell or chime of some sort? How about using a glass and tapping it lightly with a spoon? Try experimenting with putting different levels of water in the glass and see what different sounds it makes. Try to ring the bell or chime or glass before you start writing in your Gratitude Notebook. And ring it again when you are finished, just as we usually do in class.
- 8) You can even create a Gratitude Poster. Take a large piece of paper or cloth and write different things that you are grateful for on the poster.
- 9) Definitely practice your breathing. Since you have plenty of time, see if you can take five deep breathes. And then the next day add an extra deep breath. How many deep breathes can you take during a sitting?
- 10) Remember the reasons why we practice breathing? It helps us to be calm when we are feeling overwhelmed, and helps us to feel better when we already feel great. It is great for our mental and physical health. If it is good enough for the United States Navy, then it is good enough for me!
- 11) Check out the Navy Seal Breathing Practices found below.
- 12) Research shows that the more you recognize what you are grateful for, the more successful, content, and at peace you will be.
- 13) Here are some other ideas:
 - a. What about finding some smooth rocks and painting some words of things that you are grateful for on the rocks?
 - b. Try drawing a collage of pictures of things that you are grateful for.
 - c. Interview as many people as you can asking them what they are grateful for. Share your ideas with them.
 - d. Create a collage of words of things you are grateful for.
 - e. There are several Gratitude apps found on your devices.

HOW TO BREATHE LIKE NAVY SEAL

- Step 1:** Find a comfortable chair or place to lie down.
- Step 2:** Inhale for 4 seconds.
- Step 3:** Hold air in your lungs for 4 seconds.
- Step 4:** Exhale for 4 seconds, emptying all of the air in your lungs.
- Step 5:** Hold your lungs empty for 4 seconds.
- Step 6:** Repeat for five minutes, or as long as is necessary to feel refocused and relaxed.