



MARCH Gratitude

Definition:

Being thankful for or appreciating something.

Why is it important?

Thinking about what we are grateful for helps us to stay positive and to remember which things are the most important to us. Taking time to appreciate the things which are good in our lives also helps us remember why it is important to protect and nurture these things, through what we say and do, so they can be enjoyed by others.

Class activity - Recognise and compare what you value most:

For this activity you will need several character profiles of your choice. Ready-made character profiles are available on the Global Dimension platform, simply search 'Welcome to my life - Oxfam', and

then download the free PDF at the bottom of the page. Pick a profile and imagine how your life would be different if you were this person.

- What things would you miss from your life now?
- What things do you think this person might value, enjoy and dislike in their life?
- Are these similar to things you value, enjoy and dislike in your life?

Write a list of the main things you are grateful for in your daily life. Highlight the 5 you value most in your favourite colour.

- Why did you pick these things?
- If people in the class are happy to share, look at the 5 things others value most. Are there any similarities?

Make a change:

Take a **personal** action to practice gratitude by finishing each school day this week by each saying one thing you were grateful for that day. It could be something you did, or that somebody said to you, something you learnt about, felt, ate, saw. When we stop to think about how much we value things we often take for granted it helps us to empathise with people who do not have these things. What action could your **local** community do to help people recognise something good that they have? How could this be extended to help others in the **global** community who do not have these things? You could look at the Sustainable Development Goals for inspiration.