



# Gratitude & Giving Activities



Gratitude

The gratitude and giving activities that start each week of The School of Play curriculum are designed to cultivate a positive mindset and foster a sense of connection and empathy among students. These activities encourage students to reflect on the things they are grateful for, whether it's people, experiences, or personal achievements, while also promoting acts of kindness and generosity toward others. By beginning the week with a focus on gratitude and giving, students are guided to recognise the positive aspects of their lives and the impact of sharing kindness with others.

The importance of starting the week with these activities lies in their ability to shift students' focus towards appreciation, reducing stress and fostering emotional well-being. Gratitude has been shown to enhance mood and resilience while giving activities help students develop empathy, compassion, and a sense of community. By regularly practising gratitude and giving, students are better equipped to build meaningful relationships and contribute to a supportive classroom environment. These activities create a foundation for emotional growth and social connection, preparing students for the learning and personal development that follows throughout the week.

