



LEHIGH
UNIVERSITY

College of
Education

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Lesson 6: Gratitude

Students will **understand** the connection between mindfulness and gratitude, **practice** incorporating gratitude and mindfulness, and **learn** strategies for including gratitude into their daily lives.

Watch this video about the science of gratitude:

https://www.youtube.com/watch?time_continue=42&v=oHv6vTKD6lg&feature=emb_logo

Try this short gratitude mindfulness exercise:

<http://www.stopbreathethink.org/meditations/gratitude>

Reflection:

Set a timer for 3 minutes. What are you grateful for? Write for three minutes without stopping. *(Sometimes, it can be challenging to think of things to be grateful for. On those days, try to think of things you might have all the time that you sometimes take for granted - for example, eyesight, your breath, feeling in your fingers, etc).*

How do you feel after completing this exercise?

Stretch Activity 1: Watch [this video](#) of teens writing letters of gratitude and reading them to people in their lives. Who in your life are you grateful for? Write them a letter! As a bonus, read it to them.

Stretch Activity 2: Create a [gratitude jar](#) or [gratitude journal](#). You can use the prompts these sites include, or create your own!

Optional Daily Practice:

This week, practice incorporating gratitude into your daily life. You can do this in a number of ways:

- Start and end each day by writing down three things in your life you are grateful for.
- Practice mindful breathing in a quiet space. As you breathe, list the things in your life you are grateful for.
- Go for a “gratitude walk” or a “gratitude bike ride”, by yourself or with a loved one. As you walk or bike, list the things in your life you are grateful for.
- Thank, specifically and generously, at least one person in your life every day.
- Thank yourself!

Additional resources:

Gratitude: The Short Film (7 mins):

<https://www.youtube.com/watch?v=cpkEvBtyL7M>

Here is another gratitude mindfulness exercise (7 mins):

<https://www.youtube.com/watch?v=KSM6hVkYhIs>

If you are curious about the science and psychology of gratitude, you can read more here:

<https://positivepsychology.com/gratitude-meditation-happiness/>

This site includes several great TED talks and videos on the power of gratitude:

<https://positivepsychology.com/gratitude-ted-talks-videos/>

If you would like to, use the spaces below for any notes or reflections from your mindfulness practice this week.

Monday	
Tuesday	
Wednesday	
Thursday	

Friday	
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