



Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

Lesson 6 - Gratitude

- **Mindful Instruction:**
https://drive.google.com/file/d/1kDegVjuukaKg9Xi4T_WO4qGIRNyO7I0y/view?usp=sharing What are you grateful for? Let's practice gratitude and notice how it makes us feel.
- **Mindful Movement:**
<https://drive.google.com/file/d/1nyse4Lx8LbY7VuAFaFGrb3QD2BDLDVey/view?usp=sharing> Paint a rainbow with Miss Melanie!
- **Mindful Activity:**
<https://www.youtube.com/watch?v=PZvMiDq6Fys&feature=youtu.be> Create your own journal out of paper bags - it's so easy! - and decorate it however you like. Maybe this will be your gratitude journal!
- **Mindful Home Practice:** Begin your own gratitude practice, and keep doing your mindful listening and/or mindful breathing!
- **Journal:** Start a gratitude journal - each day, write down or draw at least three things that you are thankful to have in your life. Sit for a moment and look at your list, then notice how these things make you feel.
- **Supplemental Materials:** [Gratitude graphic](#), [Finger Breathing graphic](#)