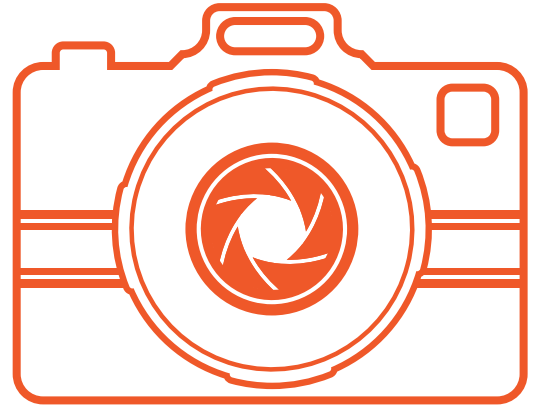


Creating a GRATITUDE Photo Album

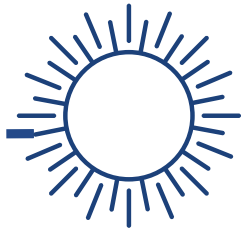


Awareness

Let's start by **seeing and paying attention** to what we have **received** through the day. It may be the opportunity to step out, sunshine, a tangible gift, or a privilege.

1

2 Can we capture this as a photo on our phones?



At mealtime or family time take turns to share the photos.

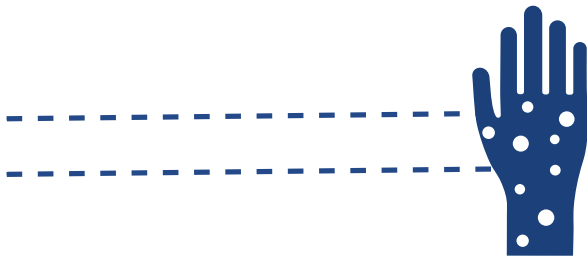
3

Meaning Making

1 Share what you **think and feel** about what you have received.

2 Can you describe **where this feeling resides** in your body?
e.g. Perhaps in your chest.





3

Does it have a quality to it? Perhaps its warm, or heavy, maybe its tingly. Can you try and **describe it in 1 word**.

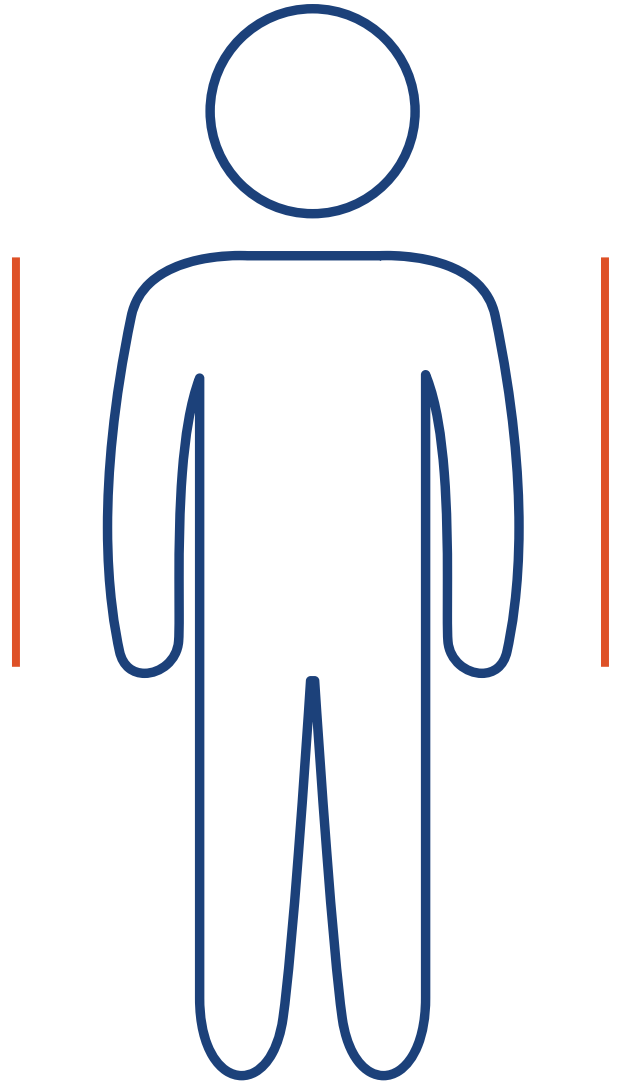
4

Does it have a **colour**? Maybe bright orange or a deep green? Mark it on the image beside.



5

Can we find 1 thing we have been grateful to receive each day, and map how it makes us feel in our bodies?



★ As an **expression of gratitude**, collate all the photos you took in the activity, to create a photo album. **PSSST**.... It can also be a virtual photo album.