



Gratitude Journal

01

Gratitude Journal.

Objective:

Find a notebook or diary that you can dedicate to your Gratitude Journal

Activity:

You can decorate it Set a Daily reminder.

Example:

set an alarm on your phone for 8 PM, and name it "Gratitude Time."

write 2-3 things you're thankful for, like:

"I'm grateful for the delicious lunch my mom made today."

"I'm thankful my friend helped me with homework."

"I'm happy for the sunny weather."

02

I am grateful for

Objective:

On your first day

Activity:

write down the names of five people you are grateful for. These can be family members, friends, teachers, or even pets

Example:

My mom	for always taking care of me and making me laugh.
My best friend	for being there when I need someone to talk to.
My teacher	for helping me understand things and encouraging me.
My little brother	for playing games with me and making me smile.
My pet dog	for always being excited to see me and cuddling with me.

03

Expressed Gratitude

Objective:

What have they done for you? How do they make you feel?

Activity:

Each day, add 5 more people to your list. By the end of the month, you will have expressed gratitude to up to 150 people! At the end of each week, take some time to read through what you've written and reflect on how gratitude has affected your feelings and outlook

Example:

Sr no	People you are Grateful for	Reasons for Gratitude
1	My mom	for always taking care of me and making me laugh.
2	My best friend	for being there when I need someone to talk to.
3	My Teacher	for helping me understand things and encouraging me.
4	My little brother	for playing games with me and making me smile
5	My cousin	for making me laugh during family gatherings.

04

Reflection Questions

What have they done for you? How do they make you feel?

1. How did you feel when you wrote your first entry in your Gratitude Journal?

2. Was it easy or hard to think of people to be grateful for? Why?

3. Did your feelings change as you wrote more entries? How?

4. What was your favourite part about keeping a Gratitude Journal?



CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN



Annexure

Hema Foundation

Gratitude Project

The teacher introduces the concept of Gratitude to children & introduces them to week-wise activities on the Hem Virtues Portal including watching the movie Anubhuti. Then the gratitude activities are explained to the students in detail and they are guided to execute them one by one.

Gratitude is the feeling of appreciation or thankfulness for the good things in life, whether they are big or small. It involves recognizing the positive aspects of your day, such as the support of family and friends, the help of a teacher, or even simple pleasures like enjoying a good meal. When students practice gratitude, they learn to shift their focus from what they don't have to what they do have, fostering a more positive outlook on life.

Practicing gratitude regularly can help students in several ways. It improves their mood by encouraging them to focus on positive emotions and experiences. It strengthens relationships, as students become more aware of and appreciative of the kindness they receive from others. Gratitude also increases motivation and resilience, helping students approach challenges with a more optimistic and proactive mindset. Psychologically, gratitude has a significant impact on students' well-being. By cultivating a grateful mindset, students experience less anxiety, stress, and anger, while becoming more emotionally resilient. It enhances self-esteem, as they feel valued and appreciated by others, and improves social skills, making them more empathetic and compassionate.

In this project, students will engage in creating Gratitude Postcard, where students write a message of thanks to someone who has positively impacted their life. This simple act helps strengthen relationships and encourages reflection on the support they receive. Similarly, writing a Gratitude Letter allows students to express deep appreciation to someone special, fostering emotional connection and recognizing the importance of kindness. A Gratitude Prayer or moment of reflection also provides students with a quiet space to focus on the positives in their lives, helping to reduce stress and create a sense of calm.

Role-playing gratitude can also be a valuable tool in teaching students the importance of appreciation. By acting out scenarios where they show gratitude to others, students learn how to express their feelings in real-life situations. This helps them understand the positive impact of gratitude on relationships and builds empathy and compassion for others.

Daily gratitude practices, Gratitude Circle, where they share their gratitude with peers or family members, further encourage mindfulness and positivity. These activities help students develop a habit of focusing on the good things in their lives, even during challenging times.

In conclusion, gratitude is a powerful tool for emotional growth and personal development in students. By practicing gratitude regularly, students not only improve their own well-being but also contribute to a more positive and supportive environment in school, at home, and within their communities. Gratitude fosters optimism, resilience, empathy, and stronger relationships, all of which are essential for a well-rounded, emotionally balanced personality.

1. Gratitude Journaling (Individual):

In this project, we will explore the power of gratitude through journaling. Gratitude journaling helps us recognize and appreciate the positive people and experiences in our lives. By the end of this project, you will have created a Gratitude Journal where you can express your thanks to 100-150 people who have made a difference in your life. Let's start this journey of appreciation together!

Instructions:

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, you learn to cope with difficult situations by focusing on what they have instead of what they lack. This creates a mindset of resilience, where they see challenges as opportunities for growth.

Worksheet 1 : Gratitude Journal

Project : Individual

Student name : _____

Standard : _____

Date : _____

Step 1 : Find a notebook or diary that you can dedicate to your Gratitude Journal. You can decorate it
Set a Daily reminder.

Step 2 : I am grateful for

On your first day, write down the names of five people you are grateful for. These can be family members, friends, teachers, or even pets! Write a few sentences explaining why you are grateful for them. What have they done for you? How do they make you feel?

Each day, add 5 more people to your list. By the end of the month, you will have expressed gratitude to up to 150 people!

At the end of each week, take some time to read through what you've written and reflect on how gratitude has affected your feelings and outlook.

Date:

Day:

	People you are Grateful for	Reasons for Gratitude
1		
2		
3		
4		
5		

Reflection Questions:

1. How did you feel when you wrote your first entry in your Gratitude Journal?

2. Was it easy or hard to think of people to be grateful for? Why?

3. Did your feelings change as you wrote more entries? How?

4. What was your favourite part about keeping a Gratitude Journal?

5. How can you show appreciation to someone you wrote about?

Sample Worksheet 1 :

1. How did you feel when you wrote your first entry in your Gratitude Journal?

When I thought of my mom and dad, it made me feel warm inside because they always take care of me.

2. Was it easy or hard to think of people to be grateful for? Why?

It was easy to think of people like my parents and friends because they help me all the time. But it was harder to think of others, even though they also do things for me every day.

3. Did your feelings change as you wrote more entries? How?

Yes, as I wrote more, I realized that there are a lot of people who do nice things for me, even if I don't notice. It made me feel more thankful for everyone around me.

4. What was your favourite part about keeping a Gratitude Journal?

My favourite part was writing about people I don't usually thank, like my older sister, who helps me with my homework. It made me appreciate her more.

5. How can you show appreciation to someone you wrote about?

I can show appreciation by thanking them in person or doing something nice for them, like giving a small gift or writing a note to let them know how much I appreciate what they do.

2. Gratitude letter (Individual):

Introduction:

In this project, you will express your gratitude by writing letters to your family members. Over the next weeks, you'll write one letter each week to different family members, thanking them for everything they do for you. Not only will this help you practice your writing skills, but it will also create special moments of appreciation within your family. You'll present each letter beautifully and read it aloud, capturing the heartfelt reactions on video.

Instructions:

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, you will learn to express gratitude which fosters stronger connections with peers, teachers, and family members because it shows appreciation and kindness.

Worksheet 2 : Gratitude Letter

Project : Individual

Student Name : _____

Standard : _____

Date : _____

1. **Step 1 :** Decide on four family members you want to write letters to. They could be parents, siblings, grandparents, or anyone else important to you.
2. **Step 2 :** Dedicate a specific day each week to write your letter. This will help you stay organized.
3. **Step 3 :** Write your letter in nice handwriting on colourful paper or decorate it with drawings.
4. **Step 4 :** Gather your family for a special moment. Read the letter aloud to the family member you wrote it for, sharing your gratitude in front of others. Have someone record the reading and the family member's reaction on video. This will be a cherished memory!

Reflection Questions

1. How did you feel when you wrote your first letter?

2. What was the best part about reading the letter aloud?

3. How did the family member react when they heard your letter?

4. What did you learn about your family member through this experience?

5. How can you continue to show gratitude to your family after this project?

Sample Worksheet 2:

1. How did you feel when you wrote your first letter?

It made me feel happy and proud. I realized how much my mom does for me every day, and it felt good to tell her.

2. What was the best part about reading the letter aloud?

The best part was seeing my mom smile when I read the letter. I was a bit shy at first, but seeing how happy it made her made me feel really good inside.

3. How did the family member react when they heard your letter?

My mom was really touched and even gave me a big hug. She said she didn't expect it, and it made her day. She looked a little emotional but happy too.

4. What did you learn about your family member through this experience?

I learned that my mom really appreciates when I say thank you and that she works hard every day to make sure I'm happy and safe, even when I don't notice it.

5. How can you continue to show gratitude to your family after this project?

I can continue by saying thank you more often and helping out without being asked. I can also write little notes or do small things to show I appreciate them, like helping with chores or hugging them.

3. Gratitude postcards:

Introduction:

In this project, we will extend our gratitude beyond our family and friends to those who help us daily but often go unnoticed. Think about the people in your community who contribute to your life—like the watchman, the peon, the maid, and the gardener. By creating and sending them a “Jaadu ki Jhappi” postcard that says “Thank you, you mean a lot to me,” you can brighten their day and show appreciation for their hard work. Let’s spread some kindness and gratitude!

Instructions:

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

Writing a gratitude letter enhances emotional connection and helps students recognize the lasting impact others have on their everyday life and surrounding.

Worksheet 3 : Gratitude Post Card

Project : Individual

Student Name : _____

Standard : _____

Date : _____

Step 1 : Make a list of community helpers you want to recognize, such as:

- The watchman
- The peon
- The maid
- The gardener

Step 2 : Create a colorful postcard by decorating paper with drawings, stickers, or other creative designs.

1. On the postcard, write a heartfelt message. You can include:

- A simple “Thank you for all that you do!”
- “You mean a lot to me!”
- A specific example of something they’ve done that you appreciate.

Step 3 : Give the postcards to the people you’ve chosen. Observe how they feel when they receive your postcard. You can take notes on their reactions.

Reflection Questions:

1. How did you feel when creating your postcards?

2. What did you write in your message?

3. How did the person react when they received your postcard?

4. Why do you think it’s important to thank people who help us?

5. How can you continue to show appreciation for those who help you in the future?

Sample Worksheet 3 :

Reflection Questions:

1. How did you feel when creating your postcards?

I felt excited and happy while making the postcards. I liked decorating them and thinking about how surprised the people would be when they got them. It made me feel good to do something nice for others.

2. What did you write in your message?

I wrote, "Thank you for all your hard work. You mean a lot to me, and I'm grateful for everything you do every day." I also added a smiley face and some colourful designs to make it look cheerful.

3. How did the person react when they received your postcard?

The watchman smiled really big and said thank you. He seemed surprised and happy. It felt nice to see that my postcard made him feel appreciated.

4. Why do you think it's important to thank people who help us?

Saying thank you show them that we appreciate what they do and makes them feel valued because they work hard to make our lives better.

5. How can you continue to show appreciation for those who help you in the future?

I can keep saying thank you, smiling, and being kind to them. I can also make more cards or do little things to show I care, like helping or just being polite every day.