

Relationships and Sex Education (RSE) Day It begins with me

A Heart of Gratitude

You will need:

- A3 or A4 paper if creating from scratch or the printable heart template
- Coloured pens, pencils or crayons

How to do this activity:

- Ask the children to think of all the things they feel thankful for. These can be things at home, at school or in their free time. Who are the people, places, objects and experiences they appreciate?
- Explain that practising gratitude for even just give minutes a day has been shown to increase long term wellbeing by between 10% and 25%. (Mental Health First statistics). Simply giving thanks for something can give an immediate 10% increase in happiness and self esteem levels. You may wish to brainstorm ideas as a class of what to give thanks for today.
- Ask pupils to use the template or draw a large heart and divide it into sections.
- Ask the children to colour in each section. Different sections of the heart can be filled with drawings and writing that show things the children appreciate. Share ideas once finished and discuss how it felt to do the activity. Did it make anyone feel good to acknowledge the positive things in life that we often forget?
- Encourage the children to try and think of one thing each day that they are thankful for and say it aloud to themselves.



