

“Flex your Gratitude Muscles”

Objective and Purpose: To reteach the basic concept of mindfulness, introduce the basic concept of gratitude, and learn how to practice both concepts together in an engaging and active way.

Mindfulness acronym: **P.A.O.P. = Paying Attention on Purpose**

Gratitude acronym: **G.E.T. = Give Enough Time**

We live in a fast-paced world with a lot of responsibilities. For today’s lesson, we are going to focus on how mindfulness and gratitude work together. Put on your thinking caps and let’s come up with ways how **P.A.O.P. and G.E.T.** can work together. You will need a blank piece of paper and something to write with. By yourself, with a friend, or family member, start by setting a timer for 10-15 minutes. Picture someone that is important to you. For the next 10-15 minutes, be creative and write or either draw a picture of that important person. Answer the following questions: What qualities/characteristics makes this person great and what have I learned from them? How can I use those skills in the future? How does your body feel after this activity? What emotions do you feel?

Now it’s time to really flex your gratitude muscles and focus on you and all of your great qualities/characteristics. This may be more difficult for some and that’s okay. You will need another blank piece of paper and keep your writing utensil handy. For the next 10-15 minutes, be creative and write or either draw something special about you. Answer the following questions: What positive qualities/characteristics do I have? How do I use those skills currently? How can I use those skills in the future? How does your body feel after this activity? What emotions do you feel?

Way to go! **P.A.O.P.** and **G.E.T.** really do go hand-in-hand. Stay mindful while flexing your gratitude muscles.

