



Co-funded by  
the European Union



## E-WISEE LAB

<b>Name of activity</b>	<b>Practice Gratitude</b>
<b>Description of activity</b>	<p>What are 3 things you're thankful for today?          What are 5 positive things about yourself?          Who are 3 people you're thankful for today?          Who are 3 people you can reach out to with encouragement or a message of gratitude today?          What's a place that your grateful for?          What's something you're grateful to have today that you didn't have a few years ago?          What artist, musician, author, performer, or athlete are you grateful for?          What book are you grateful for?          What's something outside that brings you joy?</p>
<b>Who are the participants?</b>	This material is meant for youth workers in their work with young people (12 - 18 years old ) using non-formal education methodologies.
<b>Identification of the aims of the activity</b>	Focusing on the positive and showing gratitude has scientifically proven to improve physical and emotional health. Here are some quick gratitude prompts you can do with our young people.
<b>Number of participants</b>	No limits
<b>Duration</b>	15 min
<b>Materials for the activity</b>	Digital board (eg Miro, Mural)
<b>Suggestions for the post-activation debriefing</b>	Ask participants about the value to them of gratitude; what questions they would add.
<b>Disclaimer</b>	<p>This content is released under a Creative Commons Attribution 4.0 International License. You are free to:</p> <ul style="list-style-type: none"> <li>- Share: copy and redistribute the material in any medium or format.</li> <li>- Adapt: remix, transform, and build upon the material for any commercial purpose. The licensor cannot revoke these freedoms if you follow the license terms.</li> </ul> <p>Under the following terms:</p> <p><b>Attribution</b> — You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so reasonably, but not in any way that suggests the licensor endorses you or your use.</p> <p><b>Share Alike</b> — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the</p>

original.

<https://creativecommons.org/licenses/by/4.0/>