

# Find Gratitude February

## overview

### Theme

Show love through gratitude.

### Initiative

February is about all kinds of love, not just of the romantic kind. One of the best ways to show love for others and yourself is through gratitude.

Go through this month with gratitude in mind. Try to think of at least one thing you're grateful for every day and either **write it down** or **share it** with someone you love. Choose to be grateful for your health and safety.

# driving activity

## Thanking Attentive Drivers

### Objective

Students will write and give thank-you notes to three good drivers.

### Overview

February is all about showing appreciation, and there's a lot to appreciate about safe driving. Feeling comfortable in a car is invaluable. Good driving is rarely discussed, since many programs focus on dangerous habits. Show some love to the attentive drivers in your life by writing them thank-you notes.

### Introduction

- Talk with young people about good driving habits (wearing seatbelts, not texting, keeping eyes on the road, etc).
- Pinpoint people in their lives who should be good driving examples (parents, bus drivers, older siblings, etc).
- Discuss why it's important to recognize safe driving.

### Introduction

Write Thank-You notes for safe drivers.

- Students identify three safe drivers they personally know, such as parents, bus drivers, or friends.
- Students write three thank-you notes, one for each of the safe drivers they identified.
- Actually give the recipients the notes!
- Students can use the printable thank-you cards we have included in the appendix, or make their own.
- Notes should include specific driving habits the students appreciate, and why they appreciate them.
- We suggest writing three notes, but feel free to write more!

## wellness activity

## Gratitude List

**Objective**

Students will write a list of 50 (or 100) things they are grateful for.

**Overview**

Gratitude is an important part of Living More. Expressing and thinking about gratitude has been scientifically proven to increase optimism and positivity in individuals. When we are happy, we experience life through a different framework than we do during difficult times. Gratitude is an easy way to make each day better.

**Introduction**

- Talk about why gratitude is important.
- Potentially have students research the effects of gratitude on our wellbeing.

**Activity**

Write a gratitude list.

- Students can use the gratitude list template we have included in the appendix, or use any piece of paper.
- They can write down big or small things, whatever they think of.
- Extra: If you want to make this a school-wide event, you just need some markers/pens and sticky notes or a poster:
- Students can set up a station at the front of the school where people can write their own gratitude lists/items.
- Find a place to display the notes/poster so that everyone can be reminded of the good things in their lives.