

Toitōi 21 Bonus Activity



READ

Gratitude

Words by Wint Kyaw, age 12

Pictures by Hazel Tweedie, age 12

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LEARN

Read Wint's story and make a note of the things she is grateful for. What is gratitude and why is it important?

Discuss your ideas with your class, a friend or a family member.



CREATE

Use the following template as a starting point for a gratitude journal. Consider the people, places, experiences and memories that make your life special.



ILLUSTRATE

Find drawings, photos, tickets, wrappers or other items that are special to you and add them to your gratitude journal. Print out as many copies of the template as you like. Stitch, staple or tie the pages together with ribbon. You may also want to create an awesome cover for your journal.



SHARE

Inspired by your feelings and observations, create your own writing or art and submit it to Toitōi. Begin a conversation with other young New Zealanders through the arts!

Visit toitoi.nz for more inspiration



Gratitude

This might seem weird but the thing I am most grateful for in life is that I live in New Zealand, where freedom is allowed and there are tonnes of opportunities. My parents and sister used to live in Burma and had a rough life there. Burma was full of violence and war. I am glad that my parents decided to move to New Zealand because they have given me a good childhood. Now I am trying my best to show them how much I appreciate it.

The most important thing in a friendship is loyalty. I have realised that I'm not a child anymore and I need to be more careful about who I hang out with. At my age, a lot of people only care about popularity. Apparently, all that matters is how many friends you have, if you're good at sport and if you're smart. I wish I could go back to the good old days when no one cared about how you looked or how good you were at things. I'd rather have one true friend than a million fake ones! Make sure you pick good friends and treat them right.

My perfect day isn't a shopping spree or winning a million dollars. To me, a perfect day is spending time with friends and family. The day would start with breakfast with my family, then my friends and I would go to each other's houses and have a blast. We would listen to music, dance, eat a feed, tell stories, play games, take pictures and laugh all day.

At night, we would spend time at the beach, watch the stars shimmer and eat ice cream while we shivered in the freezing air. We would play our music really loud and sing our hearts out, take a late-night swim and enjoy our time. A perfect day is spent with the people I cherish. I want to appreciate the time I have with them.



LEARN

Read Wint's story and make a note of the things she is grateful for. Discuss your ideas with your class, a friend or a family member.

QUESTIONS TO CONSIDER

What is gratitude?

Why is it important?

How can you build gratitude into your day?



MAKE NOTES HERE



CREATE

Using Wint's story and your five senses as inspiration, think about the things you are grateful for. Make some notes below.

QUESTIONS TO CONSIDER

What do you see when you look around? Try to observe something unusual.

What can you hear at different times of the day? Listen for sounds you don't usually notice.

What do you love the flavour of? Eat something new and notice how it tastes.

What can you smell? Take a sniff inside and outside your house.



MAKE NOTES HERE

SIGHT

HEARING

TASTE

TOUCH

SMELL



CREATE A GRATITUDE JOURNAL

Use the template on the following page to create your own gratitude journal. Consider the people, places, experiences and memories that make your life special.

EXAMPLES OF WHAT TO INCLUDE:

- Something you're looking forward to
- Something amazing that has happened
- Something cool that someone has told you
- Something kind that you've done for someone
- Something that makes you feel good each day
- Something beautiful you have seen
- Something yummy you have tasted
- Something you are proud of

IDEAS FOR YOUR CHECKLIST:

- I spent time being creative
- I enjoyed time with my friends
- I made someone smile
- I learned something new
- I did something kind
- I worked on something I find hard
- I spent time outside

CONSIDER...

You might like to share your journal with your whānau or trusted friends. Or you might prefer to keep it private and read it each day to remind yourself of what is important to you.



MY GRATITUDE JOURNAL

DATE

THREE THINGS I ENJOYED TODAY

1 _____

2 _____

3 _____

MY CHECKLIST

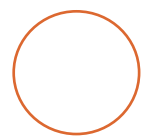
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- ☐ _____
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- ☐ _____
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QUOTE OF THE DAY

SOMETHING I'M LOOKING FORWARD TO



EMOJI OF THE DAY



ILLUSTRATE

Fill your journal with drawings, photographs, tickets, wrappers, or anything else that reminds you of the things you are grateful for each day. Stitch or staple the pages together or punch holes and thread with ribbon.



CREATE A COVER FOR YOUR JOURNAL

