



GRATITUDE PRACTICE

November 17, 2018

As we approach the Thanksgiving Holiday...



It's a good time to remember our **Gratitude Practice** from our training session. At that time, we asked you to write down all the things for which you are grateful. When you get a chance, you may want to take a few minutes to reflect on what you are grateful for during this holiday season.

Also, just like we did in the training, take a few minutes to write about your memory of an experience of appreciation or gratitude.

- Where in your body do you feel gratitude? Can you describe the feeling?
- What triggers this experience of gratitude?
- How does your gratitude or your students' gratitude affect your teaching?

You may also want to ask your students what brings them feelings of gratitude.

We certainly feel grateful for the opportunity to share your journey as you incorporate the CARE practice skills into your life, both in and outside of your classrooms with your students, your colleagues, your friends and family.

Arlene, Nancy and Jaimi