



APPRECIATE

Activity Guide 4

Spin the Wheel of Gratitude!

Key stage 2 • Years 3 - 6

ACTIVITY 4: Spin the Wheel of Gratitude!

Learning objective:

- ▶ Your child thinks about a range of things for which they can show gratitude: Yourself, Others & Experiences:
- ▶ This thinking creates a habit: an 'Attitude Of Gratitude'.

Learning approach:

Recap with your child that giving and receiving gratitude makes us feel good, thanks to the release of Dopamine.

If we practise feeling and showing gratitude it becomes a habit, and we get better at it. Why? Because of Neuroplasticity!

So it's good to practise, and to develop an 'Attitude of Gratitude'

For this exercise, we're going to make a Wheel of Gratitude that we can spin, to get us thinking and talking about things that we might be grateful for. You'll find a template and instructions in the printable PDF provided separately to get your child started - but we'd really like them to design one of their own! Maybe they can improve on our simple design, or make it completely different! It could be flat like a roulette wheel, or use a pointer like a clock.

Once you've made your Wheel, have your child spin it, and consider gratitude in the category that comes up: Yourself, Others or Experiences. What are they grateful for? How can they show it? Have your child describe their thoughts to you, write them down, or draw a picture, according to their preference and ability.

We'd love to see photos of the activities in action! Why not share your pictures at:

