

# Peacemaker Tools Weekly Newsletter

## Issue 7: Gratitude



**Gratitude** is a feeling of thankfulness. It is noticing and appreciating all of the good things we have in life. Shifting away from the negative and focusing on the positive is good for us and our brains. When we make gratitude a regular practice, we train our brains to be more positive and optimistic. Being grateful leads to more happiness and stronger, healthier relationships.

### Relate

When we relate, we connect with others as we share our perspectives and experiences.

### Let's Practice

Share with those around you what you are grateful for: In nature? In your home? From your favorite memories? Of this time in quarantine?

### Click to Learn More!

Continue your gratitude and SEL journey! **Grategories** is a fun game you can play with family and friends. Find it here!

[www.teachpeace/grategories](http://www.teachpeace/grategories)

[www.peacemakerresources.org](http://www.peacemakerresources.org)

### Regulate



When we regulate, we are able to think, listen, and identify our needs and feelings

### Let's Practice:

#### Mindful Movement:

Giving Thanks is a movement regulation tool that you can do sitting or standing. Follow the instructions on the second page of this newsletter. Thank you to Move Mindfully for sharing this mindfulness tool!

### Reason

When we reason we reflect, learn, gain understanding, and develop strategies for problem solving.

### Let's Practice

Here are some ideas to try!

- Write a letter of gratitude to someone
- Make a **Gratitude Tree** to display on the wall, add things that you're grateful for as you notice them.
- Keep a **Gratitude Journal**, each night write down 3 things you're grateful for!
- Go on a **Gratitude Walk**, take time to notice things you are grateful for!

## Chair Routine

### Giving Thanks

Today we are going to think about gratitude. Gratitude means giving thanks for everything we have in our lives. Today we will move our bodies and breathe in a way that opens up our hearts and reminds us of all the things that make us happy.

### The Movement and Breath

- **Seated Back Bend**

Place both feet on the floor and lift arms over head and gently back bend over your chair- Think of someone you are thankful for today.

- **Seated Forward Fold**

Now fold forward and let your body rest. Let's do back bend to forward bend three times. Think of something you are thankful today.

- **Seated Crescent (Both Sides)**

Now lift up tall and stretch up in crescent to the right for 3 breaths (Pause) and to the left for 3 breaths (Pause). Thank your strong breath!

- **Seated Twist (Both Sides)**

Now gently lift up tall through your spine and twist to one side (Pause) and then to the other side (Pause). Thank your strong body.

- **Hand Tracing**

Take 5 deep breaths, Take a moment to think of the people, places and things that make you happy. Notice how you feel when you picture what makes you happy.

