



Noticing what is already here

The skill of celebration · name: _____ · date: _____



Deadlines, comparison and worry can take up much of our attention, while ordinary sources of support pass without being named. Gratitude gives some attention to what is sustaining, welcome or good. It does not require anyone to feel positive, ignore injustice or be thankful for a difficult experience.

What we are practising

By the end of this lesson, you can notice small things they appreciate and explain how gratitude can sit beside difficult or unfinished experiences.

During the activity

What often goes unthanked: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

What kind of small, ordinary good, such as a decent song or a nice lunch, is worth pausing to notice before a busy day rushes on to what is next?

Exit ticket · Noticing what is already here

How does the lesson describe gratitude?

- a) A way of noticing what we value, receive or would miss
- b) Pretending everything in life is great
- c) Saying thank you only to be polite
- d) Focusing on problems so we can fix them

I can name small, everyday things worth appreciating and explain how gratitude can sit beside difficult or unfinished experiences.

☐ more than before ☐ about the same

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