

## **Activity – Being Grateful for Our Families**

Being grateful is one of the ways we can nurture our practice of Ahimsa. Gratitude helps us to see the good all around us and encourages us to give the gift of Ahimsa to someone else.

Try the activities below to see how practicing gratitude can strengthen your relationships and bring you more happiness.

### **Gratitude Jar**

- Find a jar, basket, or bowl and put it somewhere in your house where everyone can see it.
- Have small slips of paper or a notepad and pen by the jar.
- Ask your family to write a short note of gratitude to someone else in your family and put it in the jar.
- You can start your note by writing, “I’m grateful for...”
- Keep writing your notes every day for a week.
- At the end of the week, share your notes of gratitude.

### **Gratitude Wall**

- Find a wall or window in your house where everyone can see it.
- Have Post-its and a pen by the wall or window.
- Ask your family to write a short note of gratitude to someone else in your family and post it on the wall or window.
- You can start your note by writing, “I’m grateful for...”
- Keep writing and posting every day for a week.

### **Gratitude Letter**

- Write each family member a note, card, or letter expressing what you’re grateful for.

