



Wake Up To  
Wellbeing!  
Session 9



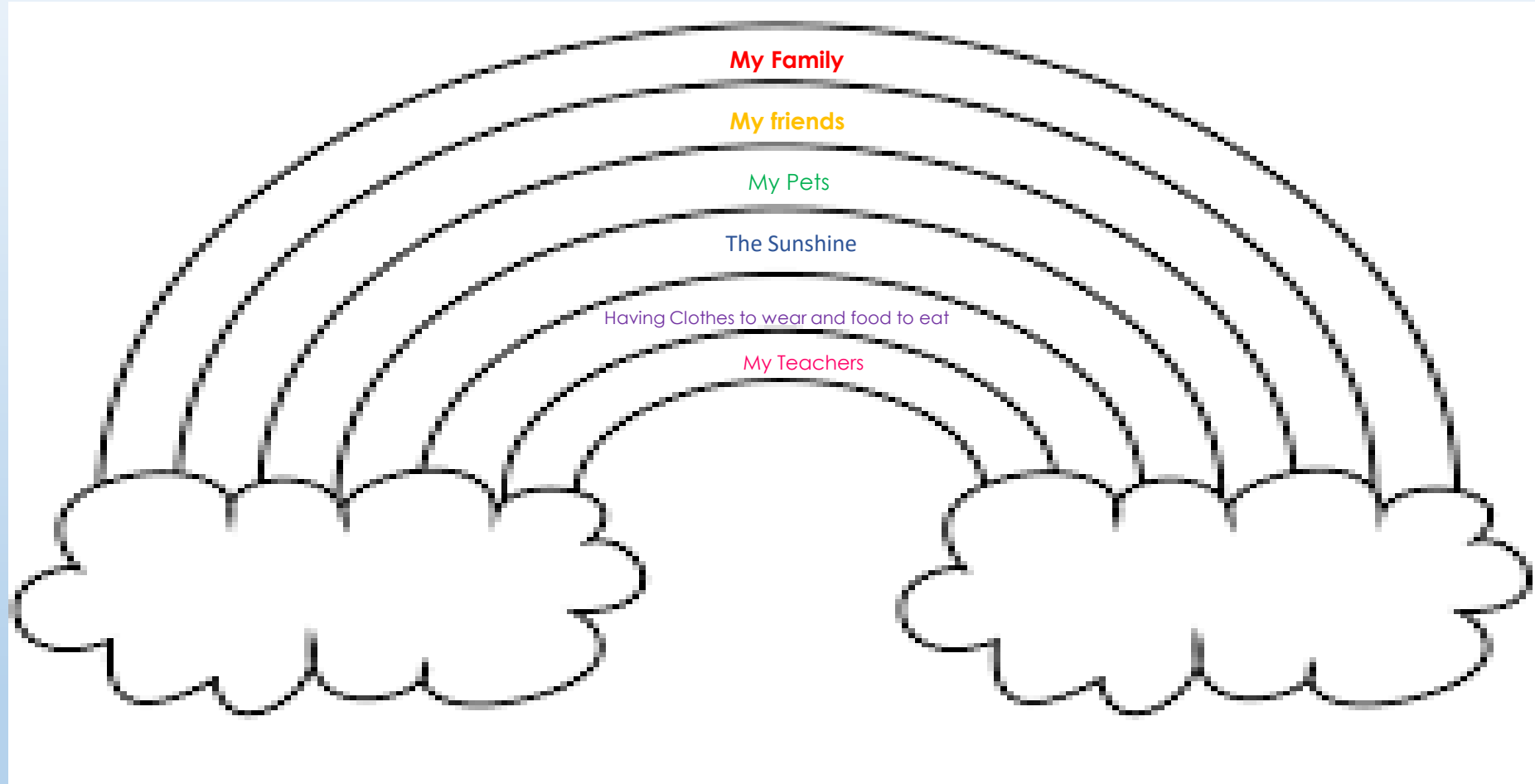
**HAPPINESS**

- When things are different, and maybe a little bit hard, it is very difficult to be happy with what we do have, instead of concentrating on the things we don't!



- There are some things we can do to help remind us to be happy with what we do have.
- Can you think why some of these pictures may remind us to be happy with what we have?

# My Rainbow of Gratitude



What would you put in your Rainbow?



- At the end of the day can you name one thing that you are grateful for.
- Try and remember to thank someone in your family today for something that they have done for you.



**CHALLENGE  
YOURSELF!**

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- Write a letter or make a phone call to someone saying how grateful you are for something that they have done for you.
- Ask everyone in your family to share something that they are grateful for.
- Can you make a Gratitude Journal full of all the things that you are thankful for while we have all been at home these last few months.