



“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.”

(Kristin Armstrong)

Month-May

Theme-Gratitude

Gratitude is one of the many positive emotions. It's about appreciating what is good in our lives and being thankful for the same.

Gratitude is to appreciate all those things that we often take for granted, like having a place to live, food, clean water, friends, family, and even access to the gadgets.

It's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing.

In this regard **Grade 5 of GD Goenka Public School** is conducting an activity on 18th May, 2022 of making a Gratitude jar. **The same jar will be used in whole session.**

Gratitude Jars are fun, artistic, and hands-on way for children to practice. In this activity, each child will create a special jar where they will save the gratitude statements at the end of the day.

Material Required:

- Clear Jar (glass or plastic)
- Art Supplies (ribbons, stickers, magazine cut outs, etc.)
- Gratitude slips (blank strips of paper)

There is always something to be grateful for!

- Rhonda Byrne

Regards
Shazia Mir
Coordinator