



#FontanaTogether

## Gratitude Through Appreciation

We all want what is best for ourselves and each other. We spend so much time focused on academic standards, social media, and materialistic things but what if there was a simpler way to ensure happiness and success in yourself? Feeling grateful can both positively affect your mental/emotional state, and help you achieve the life you want. Showing gratitude increases activity in the hypothalamus, this part of the brain controls a wide variety of bodily functions, including eating, drinking, and sleeping. The hypothalamus also affects metabolism and stress levels. So clearly there are also many positive effects on your health by expressing gratitude! By putting an emphasis on gratitude, you can positively influence the way you others interact with you. In order for key elements, like teamwork, community, and appreciation, there needs to be a focus on gratitude. Emphasizing gratitude creates an optimistic atmosphere that is exemplified through the students' thoughts and behaviors.

### Materials:

- Paper
- Pencil/Pen
- Internet Access (YouTube)



### Thinking about Gratitude:

Close your eyes and think of somebody who was really influential in your life, someone who had done something really amazing for you. Then, after some time you had to reflect, write as much as you can about why this person was or is so important.

### Reflection:

After the video, it's your turn to be put on the spot. You must tell the person what you wrote at some point during that same day. This simple activity is sure to bring some overwhelming gratitude to your life, and maybe even a few heartwarming tears!

Here is a video you could watch to see others should their appreciation of gratitude for someone in their life

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

