

Gratitude Activity

Happiness research consistently supports the value of expressing gratitude and appreciation. This activity will assist you to explore the benefits of gratitude.

Choose **ONE** of the gratitude activities listed below.

Gratitude letter – Write a gratitude letter to someone who has been especially kind to you and has not been properly thanked and then deliver it to him or her in person, or send it to them. Read it to them if you'd like. Submit a one-page summary of your experience.

Gratitude Journal – Count up 5 things that you are grateful for per day for 5 days. Write these up and include a one-page summary of your experience during the week. You may want to record your experience daily rather than trying to recall your experience at the end of the week. Submit a one-page summary of your experience and the activity.

Appreciation – Every day for 5 days, make a point of thanking people whom you normally take for granted. Submit a one-page summary of your experience and the activity.

Artistic Expression – Create a song or work of art that expresses appreciation. Submit the song or work of art (or a picture if it).