

GRATEFUL VIBES



S M T W T F S

Name: _____

Date: _____

Gratitude- is the heartfelt acknowledgment of the positive aspects of life, fostering a sense of appreciation for the people, experiences, and blessings that enrich our existence, playing a crucial role in promoting emotional well-being and overall life satisfaction.

Practicing gratitude can:

- Positively influence social relationships
- Promote positive emotional functioning
- Significantly lower mental health risks
- Improve life satisfaction

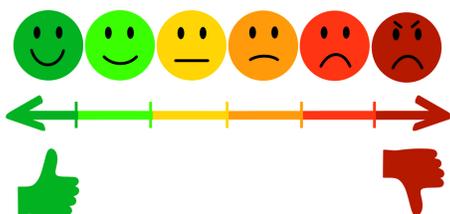
According to Jeanie Iberlin, the author of "**Cultivating Mindfulness in the Classroom**", Individuals should make gratitude practices a part of their weekly routines.

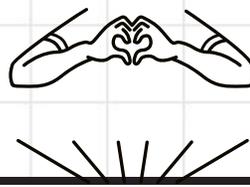
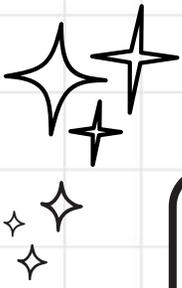
Instructions:

Elevate your mindset by diving into the next 6 questions (back) and prompts designed to guide you through introspection, fostering self-awareness, and cultivating a deeper sense of gratitude in your journey.

Emotional Mood Tracker:

Today I feel:





What's one good thing that happened to you this week?

Who has helped you become the person you are today, and what's the top thing you'd thank them for?

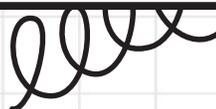
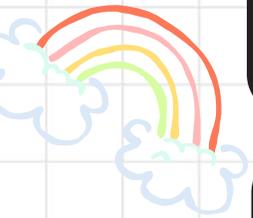
What's improved about your life from this time last week, month, or even year?

What about today has been better than yesterday?

What's something you're looking forward to in the future?

IN EVERYTHING
**GIVE
THANKS**

What's something you witnessed (or completed) recently that reminded you that life is good?



THANK YOU FOR YOUR SUPPORT!

I wanted to take a moment to express my heartfelt gratitude for your support and initiative in educating students about digital wellness, healthy balance, and responsible technology usage. Your dedication and commitment to your students' well-being is inspiring. The knowledge and skills you're imparting in your students will have significant impact on their lives, both now and in the future.

Explore more resources and activities focused on digital wellness by visiting our website. If you found our team helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.



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