



GRATITUDE:  
A VIRTUAL  
WORKSHOP

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# HELLO THERE, WELCOME TO OUR WORKSHOP!

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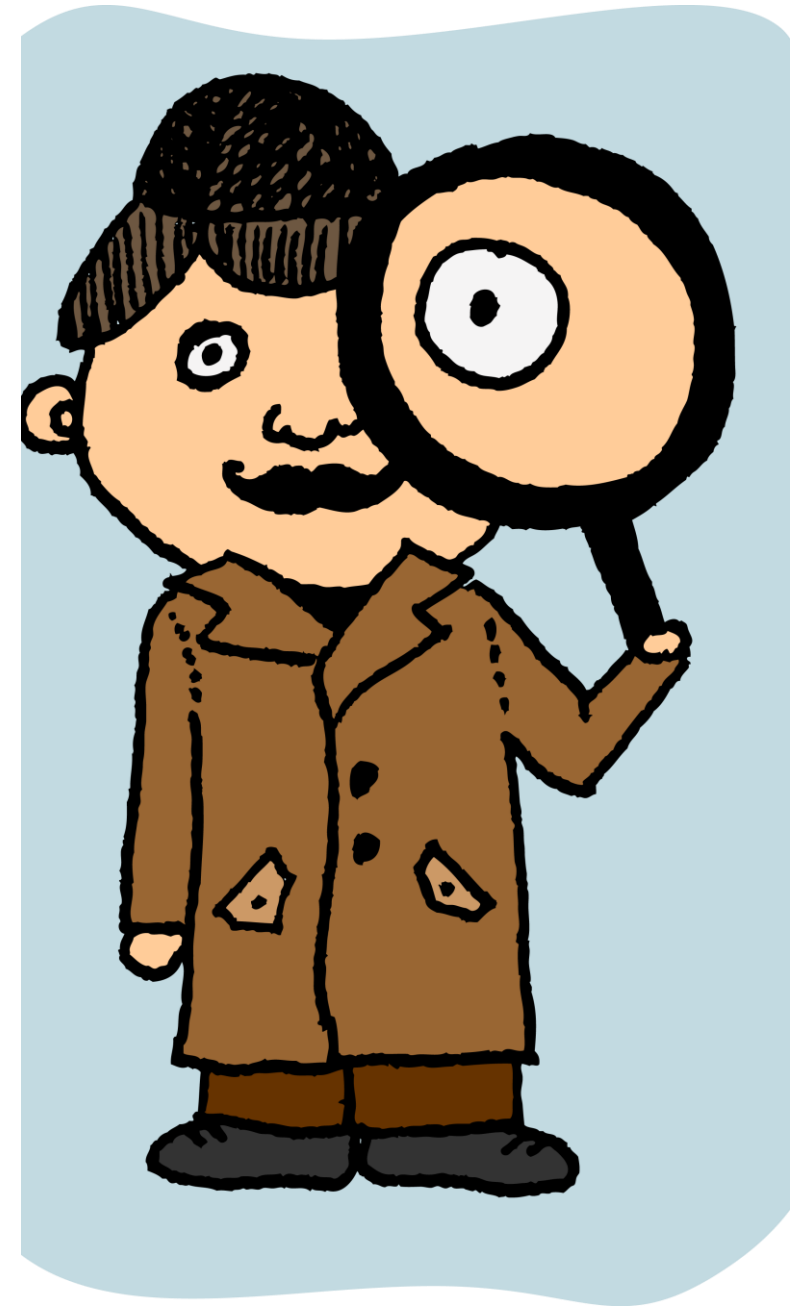
We are going to talk about gratitude, what it is, how it helps us and whether we are grateful for the same things.

.....So what exactly is gratitude and "being grateful"?

When we say we are grateful.. what does that mean?

Let's find out more.....!

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## BEING GRATEFUL IS A WARM FEELING!

You might feel thankful for something which you have, or for something you can see.

You might also have gratitude for something given or done for you.

Feeling grateful might make you feel pleased and want to do something kind in return.

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# SCIENTISTS HAVE EVEN DISCOVERED THAT SHOWING GRATITUDE CAN MAKE US FEEL BETTER!

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- Being grateful can lead to more friendships
- Gratitude can make us feel less angry
- Being grateful can help us to sleep better
- Gratitude can reduce feelings of worry
- Gratitude can even help our bodies to feel healthier!



# WHAT THINGS MIGHT PEOPLE BE GRATEFUL FOR?

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People doing so  
much to help  
me!

I am grateful for my  
family

The lovely food  
I had earlier



WHAT SMALL  
THINGS ARE YOU  
GRATEFUL FOR  
TODAY?

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Go to Worksheet 1 to create a Tree of  
Thanks

# WHAT HAVE YOU FOUND OUT ABOUT GRATITUDE SO FAR?

Are people grateful for the same things, or are they different?

How do you feel after making the Tree of Thanks?



# PEOPLE WHO ARE LIVING WITH AN ILLNESS THAT MIGHT MAKE THEIR LIFE SHORTER

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- Sadly, some people in North West Leicestershire become ill and their illnesses can't be made better
- Hospice Hope can support these people to enjoy life a little more
- The person living with the illness can be collected by car and brought to one of Hospice Hopes' centres to enjoy company with other people.
- They get to join in with lots of activities, eat and drink refreshments, and even get a free massage!
- At the moment Hospice Hope is working very hard to find different ways to support these people.

# ARE WE GRATEFUL FOR DIFFERENT THINGS?

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- What do you think people who are living with a serious illness might be grateful for?
- Are there any other groups of people you can think of who might have different things to be grateful for?
- Now go to Worksheet 2 to write down your ideas!



# WE ASKED THE PEOPLE WHO COME TO HOSPICE HOPE TO TELL US WHAT THEY ARE GRATEFUL FOR... LET'S LOOK AT WHAT THEY SAID!

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- The sunshine
- The sound of birds
- Family
- Grandchildren
- Waking up!
- Pets



- The nice drive to Hospice Hope
- My wife
- Flowers
- Getting out of the house
- Friends
- Music



# ARE YOU SURPRISED BY THEIR ANSWERS OR DID YOU GUESS RIGHT?

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- Look at your Tree of Thanks. Are there any things which your family said they were grateful for, which are the same as our guests at Hospice Hope?
- How many answers did you see that were similar to yours?
- Now go to Worksheet 3!

# THANK YOU FOR TAKING PART IN OUR WORKSHOP!

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- Take a moment to think about what you've learnt.... how has it made you feel?
- Do you think feeling grateful is important?
- You can also enter our poetry competition for the chance to win three amazing prizes, find out more here: <https://bit.ly/33lpYP4>
- Follow us on Twitter @Hospice\_Hope and tell us your #3things4hope...

