

# "Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors



The month of October is  
dedicated to:  
**Gratitude**



*"Practicing gratitude is how we acknowledge that there's enough and that we are enough." ~ Brene Brown*

## FOR STAFF

- [Adult Gratitude](#) (Article)
- [22 Gratitude Exercises That Will Change Your Life](#)
- [Gratitude Meditation](#) (5 Min. Video)

## GRADES K-3

- [Gratitude Activities for Kids](#) (Article/activities)
- [The Gratitude Tree](#) (Activities)
- [Gratitude Meditation for Kids](#) (5 Min. Video)
- [25 Reasons to be Thankful!](#) (4 Min. Video)

## GRADES 8-9

- [Making a Connection to Gratitude](#) (5 Min. Video)
- [Gratitude Photo/Art Challenge](#)

## FOR PARENTS/CAREGIVERS

- [How Gratitude Can Change Your Emotional Health](#) (Article)
- [How Being Grateful Can Increase Happiness](#) (10 Min. Ted Talk)

## GRADES 4-7

- [What is Gratitude?](#) (Lesson Plan)
- [Three Gratitude Lessons](#)
- [An Experiment in Gratitude](#) (1 Min. Video)

## GRADES 10-12

- [Gratitude Spies](#) (Activity)
- [Change to Chill](#) (Activity)
- [Focus on the Positive](#) (8 Min. Video)

**SHARE YOUR ACTIVITIES THAT SHOWCASE GRATITUDE!**



**#GSSDTAKINGCARE**

