



MY GRATITUDE CORNER

My gratitude corner

We all are so busy in our lives that we
don't

really pay attention appreciating and paying
gratitude to people who make us happy. Use
this time to create a happy corner in your
home, share your pictures of you making it.
This will enhance positive emotions and a
feeling of togetherness in the students.

GRATITUDE GAME



Name a Person You are Thankful for



Name a Place You are Thankful for



Name a Food You are Thankful for



Name a Thing You are Thankful for



Name Anything of Your Choice

THE GRATITUDE WALL



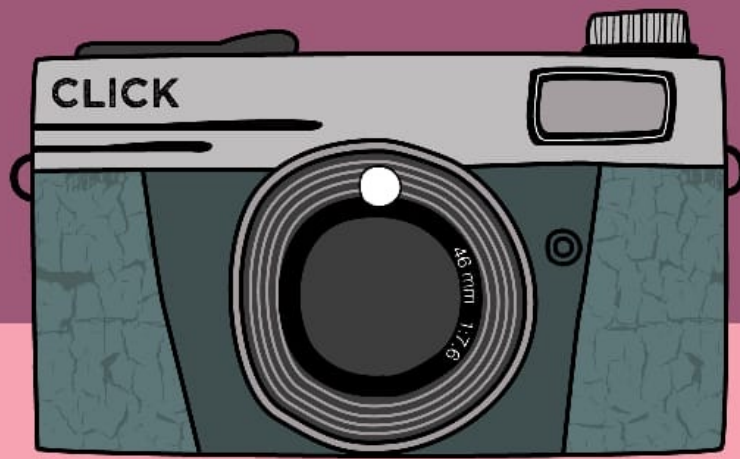
Gratitude is the sublime quality of being thankful for something. It's not just about the good things we have, but about the good things we have seen, but we do seem to do it that often. In our everyday life, we tend to overlook the positive aspects of our day, thinking about what went wrong.

But why bother practicing gratitude? Being grateful makes pay attention to the good things in life we might otherwise take for granted. By regularly expressing gratitude about things that went right, however big or small - the emotional tone of our life can shift in profound ways. We can break out of the spiral of negative thoughts through simple gestures of gratitude.

What's more, actually writing about these events is key. Research suggests that translating thoughts into concrete language makes us more aware of them, deepening their emotional impact.

An initiative by
www.whitwellhealth.com

Use sticky notes or any other medium to write your daily gratitude notes :D



(YOU)NIQUE VLOGS!

Record yourself practicing wellbeing in any possible way, paint, dance, nurture plants, sing, anything or everything! Use this Quarantine time to relive what was left behind and share your coping strategies with everyone.



MY WORRY JAR

There are a lot of things to worry about, be it be academic or interpersonal aspects during this self isolation time. Eustress acts as a motivator for us too but do we need to worry all day? the answer is no. Just make a jar and put all your worries in that jar, visit the jar at a fixed time everyday and introspect about the worries kept in it. By doing so, we'll know how to use these worries as our strength to fight back any obstacle :)

Worry Jar

A Worry Jar is a helpful way to decrease your anxious thoughts and worries. Placing your thoughts in the jar will help get them off your mind, at least for a little while. What are some things that you'd like to stop worrying about for now? Write them in the jar below!

**IT CAN BE
HELPFUL TO
PICK A TIME
DURING THE
DAY - AND
ONLY THAT
TIME - WHERE
YOU ARE
ALLOWED TO
GO BACK INTO
THE JAR AND
WORRY ABOUT
THESE
THOUGHTS.**



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Alternatively, you can even make a happy jar for happy thoughts 😊



MY INSTANT COMFORT BOX

It is very natural to come across negative emotions like agony, loneliness etc almost everyday. We shall know how to manage these emotions effectively hence, make instant comfort boxes (use recyclable small matchbox etc), write a negative emotion on each box and your unique way of handling it. This will not only help us be optimistic but also enhances self control.

