

# What are you grateful for today?

In a world where so much emphasis is placed on wealth and material possessions, it's important for us all to remember money doesn't necessarily buy happiness. In fact, sometimes it can be the really tiny things that make a difference to how we feel.

## How does it work?

It can be as easy as taking turns at the dinner table to name three things that they were grateful for that day. It's a simple exercise that can become a daily family ritual that kids often look forward to each night. You might be grateful for the weather, spending time with a friend, making a cubby house with your sister, going to the park, getting an early mark, laughing with your grandpa on the phone, a nice cuddle you had with your neighbour's cat, or enjoying some yummy biscuits a friend baked that afternoon.

## Make it a daily family ritual

Justine's family likes to take turns around the breakfast table. Fiona's family likes to write down the three things and stick them on the fridge so they can be reminded throughout the day. Paul's family likes to take turns on the way home in the car from school. However you choose to be grateful is up to you.

