



## PSHE – Reasons to be grateful

For your PSHE task this week we would like you to create a list of 10 things that you are grateful for. Try to think about a range of different things within your list.

Once you have created your list, try to explain your justifications. You may wish to use the sentence stems to help you.

Firstly, I am grateful for..... because....

Also, I am thankful for..... because

I appreciate the fact that I am able to.....

***Challenge - What would a world without one of your suggestions look like?***

### Additional task

Please feel free to also look at the link to find a link to a monthly calendar for May. Within this you will find a range of simple activities with daily actions for May 2020 to help us respond to this global crisis with a sense of purpose and meaning.

<https://www.actionforhappiness.org/meaningful-may>