

# Bedtime Gratitude

As well as being mindful of our breath and our thoughts, there are other things we can do to help support good mental health.

One way is to be mindful of gratitude.

Gratitude is when we feel thankful, or grateful about something.

An excellent way of developing gratitude is to purposely remember things during the day that we have been grateful for.

Before bedtime, pick up one of these cards and write three things from that day that you are grateful for.

You can be grateful for anything. It can often be quite small.

Maybe you remember a friend saying a nice word, or perhaps talking to a parent or sibling. It might be just enjoying the taste of food, the smell of soap or perhaps it was just a fun game you played.

When you have the three things you are grateful for written down, smile to yourself and then prepare for sleep.



By simply taking some time to focus on things to be grateful for, you can develop positive habits that make us more likely to notice times when we feel happy!

**Today I am grateful for...**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Today I am grateful for...**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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**Today I am grateful for...**

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