

Gratitude Graffiti

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

On mural paper, in a common area of the school, students write or illustrate what they are thankful for within their school community.

Why Do It?

Being able to feel gratitude increases your ability to be happy and healthy. Focus on what you are thankful for, because even the simplest thought can brighten your day.

How Do We Do It?

Place mural paper in a common area of your school with a lot of space. If possible, do so in more than one space.

Provide a variety of writing utensils including colourful washable markers, pencil crayons, or washable paint.

Students write or illustrate things that they are grateful for.

Keep the mural displayed for an appropriate amount of time.

What Else Do We Need?

- Masking tape

- Mural paper
- Washable markers, pencil crayons, washable paint

How Do We Get Creative?

Take photographs of anonymous student responses and share on your school's social media feed.

Remember to get consent before posting any materials on social media.

Students track their goals over a week and share their experience.

Adapted from: Bounce Back ... Again, 2nd Edition. Retrieved from

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