

Showing Ourselves Gratitude

We often take the time to show gratitude to others but it is important, as part of our self-care, that we show ourselves thanks and gratitude.

Remember to speak to yourself and about yourself in a way that you would with someone else you care about. Often, people speak much more negatively or critically about themselves, in a way they would never speak about someone else. It is important to recognise the impact we have on ourselves and our wellbeing when we do this.

The following checklist contains different ideas and suggestions of ways you can show yourself some gratitude.

- Buy yourself a treat with your pocket money.
- Spend some time reading a book or listening to your favourite music.
- Plan a day for doing no homework at all and fill it with relaxing or fun games instead.
- Massage your hands or have a bath. Do something which relaxes you and allows you to rest.
- Write down positive thoughts to yourself and say these out loud to yourself.
- Ask others to write a positive note about you and pop these in a jar to read to yourself.
- Spend some time outside and enjoy the world around you.
- If anyone says anything negative about you, or to you, try and think of a positive about yourself to balance that view.
- Surround yourself with people who motivate and inspire you. This is both in person, in the news and online.
- Ensure there is something or someone in your life that you care about and that needs your love and care; this could be family, pets or plants.
- When someone pays you a compliment, make sure you say 'Thank you' rather than responding with a self-criticism or by ignoring it. It is important to accept a compliment.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).