



Our Lady of the River is a Growing with Gratitude School.

As a Growing with Gratitude School we aim to cultivate a culture, among our students and the wider community, of **gratitude, kindness, mindfulness, optimism, empathy, resilience** and **happiness** in a fun and engaging way. The growing with Gratitude program teaches 5 habits of happiness – **1.** An Attitude of Gratitude, **2.** Random Acts of Kindness, **3.** Positive Reflection, **4.** Well Being Warrior and **5.** Operation Home Service.

The key to developing good habits and ultimately happy and successful students is to practice daily for short periods of time. In classrooms students will have opportunities to practice each of the habits. The article below was written by the founder of 'Growing with Gratitude', Mr. Ashley Manuel. It is a great read that outlines how you can develop these habits in your own home.

Have You Done Any of These Things in 2018?

May 16, 2018

[Research](#) has proven you can cultivate happiness by implementing activities into your daily, weekly and monthly routines.

In 2018 have you been in a daily, weekly and monthly routine of positive habits?

In 2018 have you modelled positive habits in front of your children?

Do you know what habit activities actually help cultivate your happiness and your children's/students happiness?

How would you feel if you discovered positive habits that increased your happiness and resilience?

The great news is, is that you can make improvements to your happiness and resilience in your life. The key is:

- to be intentional
- allocate small blocks of time across your day
- be consistent.

It's amazing what can happen to your state of mind with consistent practice.

How do you practice?

Below are suggestions of different ways to practice.

Something to consider is modelling the habits of happiness in front of your children.

5 Habits of Happiness + 1

1. Attitude of Gratitude:

Choose one day in the week to write down 3 things that you are grateful for. You can do this in your Gratitude Journal or alternatively, you can write on a piece of paper and drop it in your family Gratitude Jar. To begin with, focus on the basic things that you have in your life such as, food, shelter, water and family etc.

Guiding questions:

- Why are you grateful for these things?
- How does it make you feel when you think about these things that you have listed?

2. Random Acts of Kindness!

During each day think of one planned or random act of kindness to complete. Alternatively plan one day in the week to complete 1 – 3 significant acts of kindness. Once you've done it, record it in your Gratitude Journal at the end of the day.

Some ideas of kindness could include:

- Buy a coffee for someone
- Email someone saying thank you
- Pick up litter or hold a door open for someone
- Give someone a compliment

Planned

- Mow neighbor's lawn
- Cook a meal for someone or volunteer at a soup kitchen
- Give money to a cause you believe in

Think about:

- When will you carry out your act of kindness?
- How will you remember to carry out your act of kindness?

3. Positive Reflection

Think about a positive experience from the day and take two minutes to record it in your Gratitude Journal or talk about it with your family around the dinner table or on the drive home from school.

Think about:

- What made me happy today and why?
- What went well for me today?

4. Get Active!

Exercise for at least 30 minutes each day.

Whether it's going to the gym, a fitness circuit in the lounge, going for a walk or playing sport. Just remember to get active every day.

Think about:

- What are the benefits of being active?
- What is your favourite way to be active?
- How can you ensure you do exercise everyday?

5. Be a Reading Warrior!

Read at least ten pages of a book each day or read a book to your children each day.

- Read non-fiction books
- Reading 10 pages a day will equate to 15 – 20 books per year!
- Find what resonates with you and take action and apply to your life
- Share learnings with someone
- 10 pages does not take long to read

Highly Recommended Books

- The Slight Edge – By Jeff Olson
- Positivity – By Barbara Frederickson
- The How to of Happiness – By Sonja Lyubomirsky
- The Compound Effect – Darren Hardy
- The Power of Habit – By Charles Duhigg

Think about:

- What area of my life do I want to improve?
- What can I take away from this book and apply in my life?
- What did I learn from my reading today?
- How will I ensure I read 10 pages?
- Who can I share my learnings with?

BONUS + 1**Meditation**

Find 5 – 10 minutes a day to meditate.

Meditation Suggestions

- Meditate with your children using the [Growing With Gratitude guided meditation CD](#)
- Download [Headspace](#). A guided mediation APP
- Google search Meditation Centres in your local area
- Find a quiet moment to train your brain to think positive thoughts

Think about:

- How you felt before the meditation?
- How do you feel now?

All 6 activities may be too much to take on all at once. A great option could be start with one and work others in to your day/week/month.



Article written by Ashley Manuel - [Growing With Gratitude Blog](#).