

Gratitude walk

3 steps to the activity realisation



Step 1 – preparation phase

To implement this activity, you do not need to prepare lots beforehand. You will need to plan a walking route in nature.

Step 2 – activity phase

Go on a walk outdoors in nature. Encourage the young people to make themselves aware of their immediate environment. Ask them to think about or list aloud if they prefer, all the things they can smell, taste, touch, see, hear. You could make this into a game, for example 'eye spy' or 'I hear' and get them to describe to the group what they can see, hear, smell etc, for the others to guess.

Then encourage the young people to consider the people who they are close to in their lives and think of three reasons as to why they are grateful for them. Ask them who they are grateful for and get them to discuss why- what about them specifically are you most grateful for? Share with the children who you are grateful for and why.

This gratitude practice can be helpful when times get hard. They can connect back with the things they are grateful for during roadblocks and setbacks.

Step 3 – wrap up phase

At the end of the activity, ask the young people to reflect upon themselves and consider three things they are grateful for about themselves. You may want to offer them an example such as:

- ✓ I am grateful for my ability to make people laugh
- ✓ I am grateful for the fact that I am kind to my friends
- ✓ I am grateful for my ability to taste delicious food
- ✓ I am grateful for my legs as they enable me to walk and run

Discuss with the young people how this exercise can be carried out when in need. Encourage the use of a gratitude journal to make this activity a habit on a daily or weekly basis.



Type of activity:
Walking and talking

Value of the activity:
To encourage young people to focus on identifying positive influences in their life and around them. Supporting them to cultivate 'purposeful practice' by going on a walk in nature with the aim of focusing upon identifying things they are grateful for.



Timing:
Preparation: 5 min.
Implementation: 30 min.