



Attitude of Gratitude

1. Sit comfortably, and if you like you can close your eyes.
2. Think of something/someone in your life for which you are thankful, or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

- As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.
- This is a nice exercise to take a few responses from learners after the exercise is finished.



Guided Rest

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
 2. Put your attention on your forehead. Feel your forehead relax.
 3. Put your attention on your eyes. Feel your eyes relax. (Repeat for ears, nose and mouth.)
 4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
 5. Put your attention on your neck. Feel your neck relax.
 6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers.)
 7. Put your attention on your chest. Feel your chest relax.
 8. Put your attention on your back. Feel where your back touches the floor (or the chair).
 9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
 10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes.)
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
 12. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
 13. Let learners rest in silence for a few moments.
 14. Ring chime.
 15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
 16. Open your eyes and slowly return to a seated position.
 17. Notice how you are feeling.

- You can shorten the exercise by leaving out some body parts.
- Learners who do not feel comfortable lying on their back may lie on their bellies, although lying on backs is the ideal position for helping the body to relax in this exercise and should be encouraged.
- Variation: Start with feet and work up toward the head.
- Can be practiced lying down or seated.