



Play 'The Gratitude Game'

You could play it at dinner with your family! You each have to answer the following five questions:

- What have you done today to make someone else happy?
- What has someone else done today to make you happy?
 - What have you learned today?
- What have you done today to make yourself happy?
 - How did you feel when you made someone else happy?

This simple game helps people focus their attention away from the negative towards the positive. This has been proven to help children cultivate a really important life skill that will help them immeasurably as they get older and begin to be exposed to many of the stresses in the modern world.

It has the added benefit of connecting us all to each other in a positive and meaningful way, going beyond the usual dreaded 'So what did you do at school today?' And of course it works just as well with friends, partners or even by yourself.

GIVE IT A GO!