

# Whitstable Junior School

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Friday 3<sup>rd</sup> July 2020

Dear Parents and Carers,

Somehow it is July! I'm not really sure how that happened!

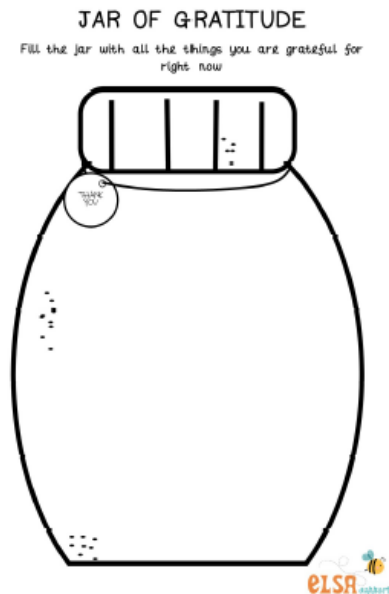
This week I thought we could look at gratitude. When things are tough it can be really difficult to feel grateful and in the last few months the world and our lives have been turned upside down and it's hard not to feel a lot of negative emotions about that. And that's ok. But have a think about what makes you happy? This will be different for everyone.

Some examples might be:

Fresh raspberries, the sun shining, cuddles with my dog, the waves of the sea

Here is a gratitude jar – you can download it or you could just draw your own. You can do this individually or as a family. You could even use a real jar if you like and fill it with pieces of paper ☺

<https://www.elsa-support.co.uk/gratitude-jar/>



Best wishes,

Ms Collin, Leanne and Naomi.  
The Wellbeing Team

