

# Wheel of Wellbeing

## Giving Thanks



Studies show that happiness comes from giving to others – whether its time, money, attention or thanks! Not only do you feel great, but your health improves too! Giving thanks has been shown to have a positive effect on heart and blood pressure than relaxation!

### instructions

- Ask people to fill out a thank you card with 3 things they are grateful for
- Find a partner and share what you have written and why
- Ask people to put up with blu tac to create a gratitude wall



**Thank You**  
for 3 things I'm  
grateful for this week

1.....  
2.....  
3.....



**Thank You**  
for 3 things I'm  
grateful for this week

1.....  
2.....  
3.....



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