



## Gratitude Circle Activity

*Gather a group of friends and family in person or virtually. Choose someone to lead a gratitude circle by giving the following instructions to the group:*

1. “We are going to do something different. Settle into your body now and turn your screen to the side if possible, so you are in profile on the screen. Keep your microphone on as long as there is not too much background noise.
2. Close your eyes and bring your attention inward. Tune in to the feeling of your body in the chair, your feet on the floor, and your breath as it comes in and out through your nose or mouth. As you brought your attention to your body, now bring awareness to your thoughts and feelings. Know that you don’t have to change anything you think or feel right now, just take a moment to notice. [*Pause*]
3. Begin to consider some things for which you are thankful. You might start with what is around you and what you feel, and gradually broaden to more abstract things: this place where I am living right now, these comfortable socks, my able body, the apple I just ate, my best friend, my family, art, music, etc.
4. As you think of these things, linger on the feelings that arise in your gratitude [*allow time for consideration*].
5. Now we are going to hold a virtual gratitude circle, where we call into the circle these things that we are grateful for, listen to each other, and allow time for the reflection. Keep your eyes closed if possible, and your attention inward. When you feel inspired just say out loud one of these things for which you are thankful. We might overlap because we are not using hand raising, or there might be long silences; this is not a problem, just say your word when you feel inspired, as often as you wish.”
6. Allow the circle to continue a little longer than is comfortable. Long silences give participants time to consider and feel.
7. When it is time to close, say “Now settle into silence with your attention back to your body, thoughts, and feelings. Feel your breath in your nose or mouth. When you are ready, open your eyes and turn your screen back to face forward. Take a moment to look at all the faces in your screen, one by one. Notice and appreciate our classroom community.”

Consider repeating your Gratitude Circle with friends and family each week.