**Gratitude Meditation**

Expressing gratitude and appreciation is linked to greater happiness. Use this meditation as an opportunity to feel grateful for each other and all the gifts in your life. Gratitude is a way to simply celebrate all that helps us move through life, for example health, family, home, friends, pets, nature, and more. When we choose to be still, connect to our breath, and take a few moments (or longer) to truly appreciate all that we have, we build a stronger sense of optimism and connection. Remembering our gifts is a way to connect to our innate sense of peace and compassion. As you sit in the Gratitude Meditation, allow the busyness of everyday life to wash away, and connect to what truly matters for you and your family.

1.Start by sitting comfortably.

2.Close your eyes or keep the gaze soft and inward-facing (try not to dart the eyes around the room).

3.Sit up nice and tall. As the spine elongates, relax the neck and shoulders. Take one deep inhale through the nose and open the mouth to exhale with an “ahhh” sound.

4.Imagine you can breathe directly into your belly and relax all the muscles there.

5.Set a timer for 3 to 10 minutes with a sound that is soothing and calming for you.

6.Connect to your inhale and exhale.

7.As you breathe, connect with the small and large gifts in your life: the people, places, and things that help sustain you.

8.Breathe in and out and feel grateful for the everyday gift of surrounding nature.

9.Breathe in and out and feel grateful for family and friends.

10.Breathe in and out, and express gratitude for your health.

11.Breathe in and out and feel gratitude toward yourself for all your efforts every day and for all the unique assets you bring to the world.

12.Take a few more silent moments, allowing any other spontaneous ideas about gratitude to arise and fill your heart with appreciation.

13.Open your eyes gently and notice how you feel.

# Bibliography

Ghannam, K. P. (2018). *Yoga for Kids and Their Grown-Ups: 100+ Fun Yoga and Mindfulness Activities to Practice Together.* Emeryville: Rockridge Press.