

VOICE



E-Newsletter of DY Patil International School, Nerul

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GRATITUDE- A DIVINE GIFT



<http://thegratitudeproject.in/t>

“I am happy because I’m grateful. I choose to be grateful.
That gratitude allows me to be happy.”

-Will Arnett



GRATITUDE TURNS WHAT
LITTLE YOU HAVE INTO
ABUNDANCE.

GRATITUDE IS SO MUCH MORE
THAN SAYING THANK YOU.

GRATITUDE CHANGES YOUR
PERSPECTIVE OF YOUR
WORLD.”

@REALLYGREATSITE

WHAT IS GRATITUDE?

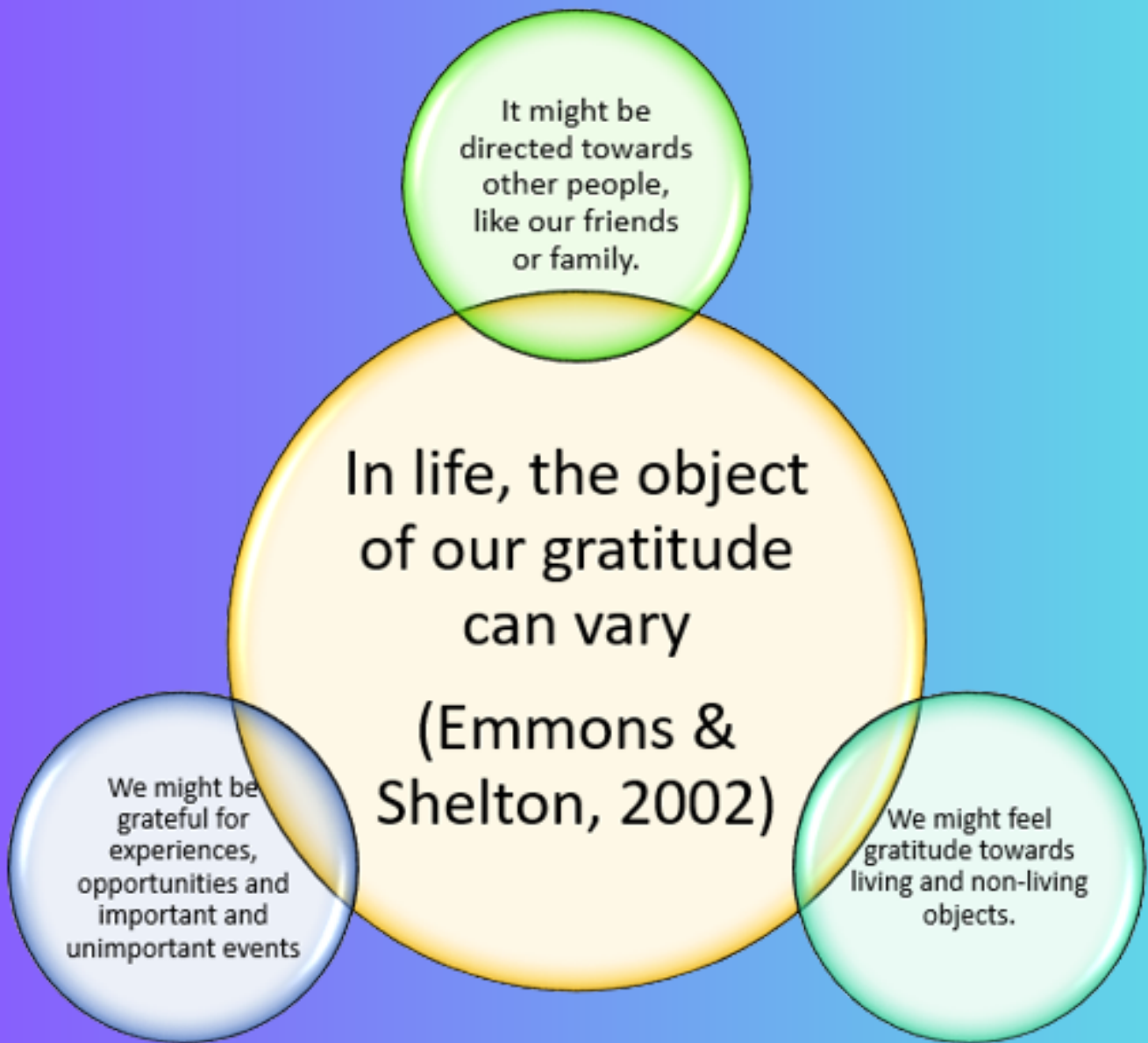
Gratitude is a divine gift bestowed up on us by the almighty, which helps us to focus on what's good in our lives and be thankful for the things we have. Gratitude is to take a pause to notice and appreciate the things that we often take for granted, like family, friends, food, water.

Gratitude is one of the most desirable traits and qualities which is not just limited being grateful occasionally. It is a way of life which must be actively practised to cement its place in our lives.

Small acts of gratitude also play an important role in psychological wellbeing and self-actualization (Maslow, 1981).



RESEARCHERS' OPINION



Robert Emmons, the famous American psychologist , through his extensive research has proven that being more grateful can lead to increased levels of wellbeing.
(Emmons & Crumpler, 2000).

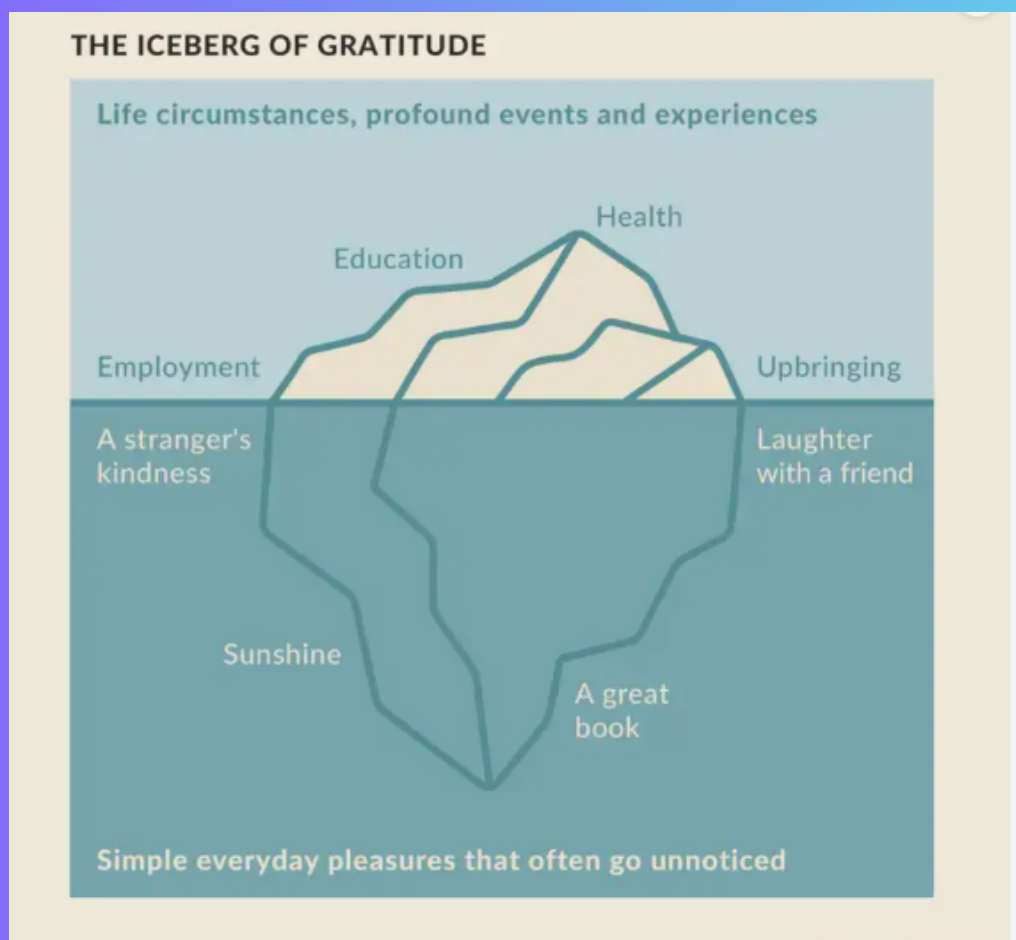
IMPORTANCE OF GRATITUDE

"ACKNOWLEDGING THE GOOD THAT YOU ALREADY HAVE IN YOUR LIFE IS THE FOUNDATION FOR ALL ABUNDANCE."

-ECKHART TOLLE

Being occupied with daily responsibilities can lead us to overlook the depth of gratitude we can experience.

The iceberg represents the idea that there is so much more beneath the surface that we often fail to acknowledge.



GRATITUDE JOURNAL...



1

- Gratitude journaling, like many gratitude practices, can lower your stress levels;

2

- It can help you feel calmer, especially at night;

3

- Journaling can give you a new perspective on what is important to you and what you truly appreciate in your life;

4

- By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without;

5

- Your gratitude journal is for your eyes only, so you can write anything you feel without worrying about judgement from others;

6

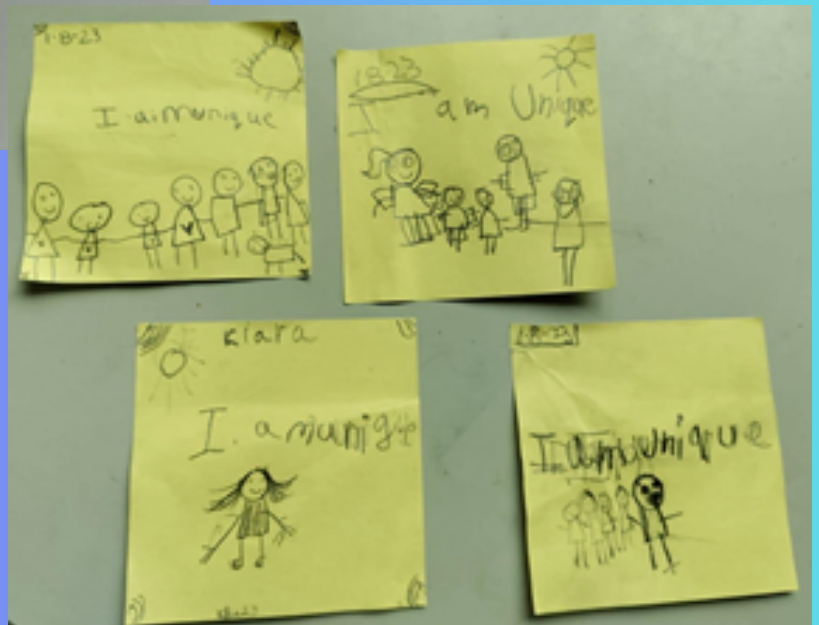
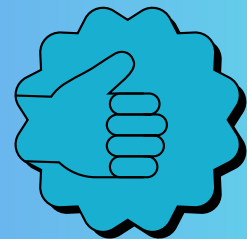
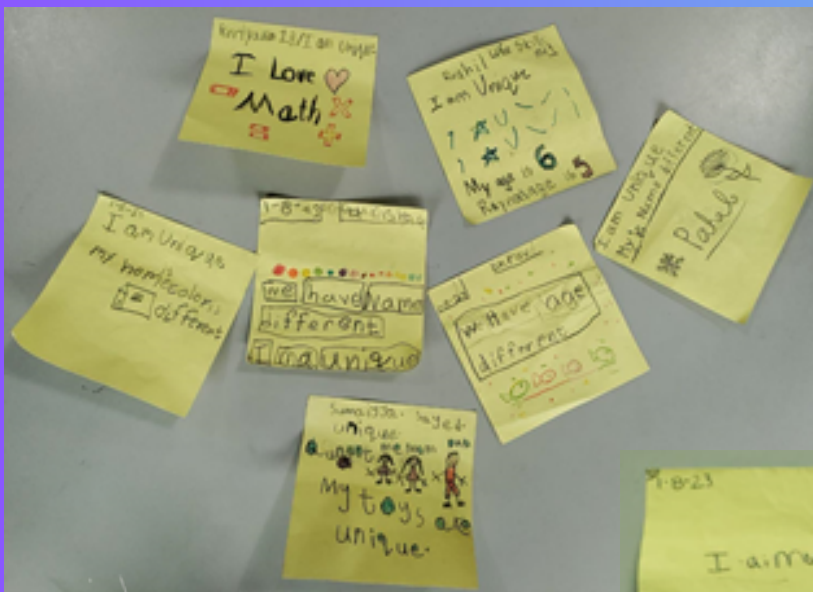
- On days when you feel blue, you can read through your gratitude journal to readjust your attitude and remember all the good things in your life (Jessen, 2015).

A SNEAK PEEK INTO OUR CLASSROOMS

"Be thankful for everything that happens in your life; it's all an experience."

Roy T. Bennett

Students at DYPIS were taken on a gratitude journey and identified the gifts they have been enough to receive in their lives. They expressed their gratitude under the caption of 'Being Unique'.



BE
grateful

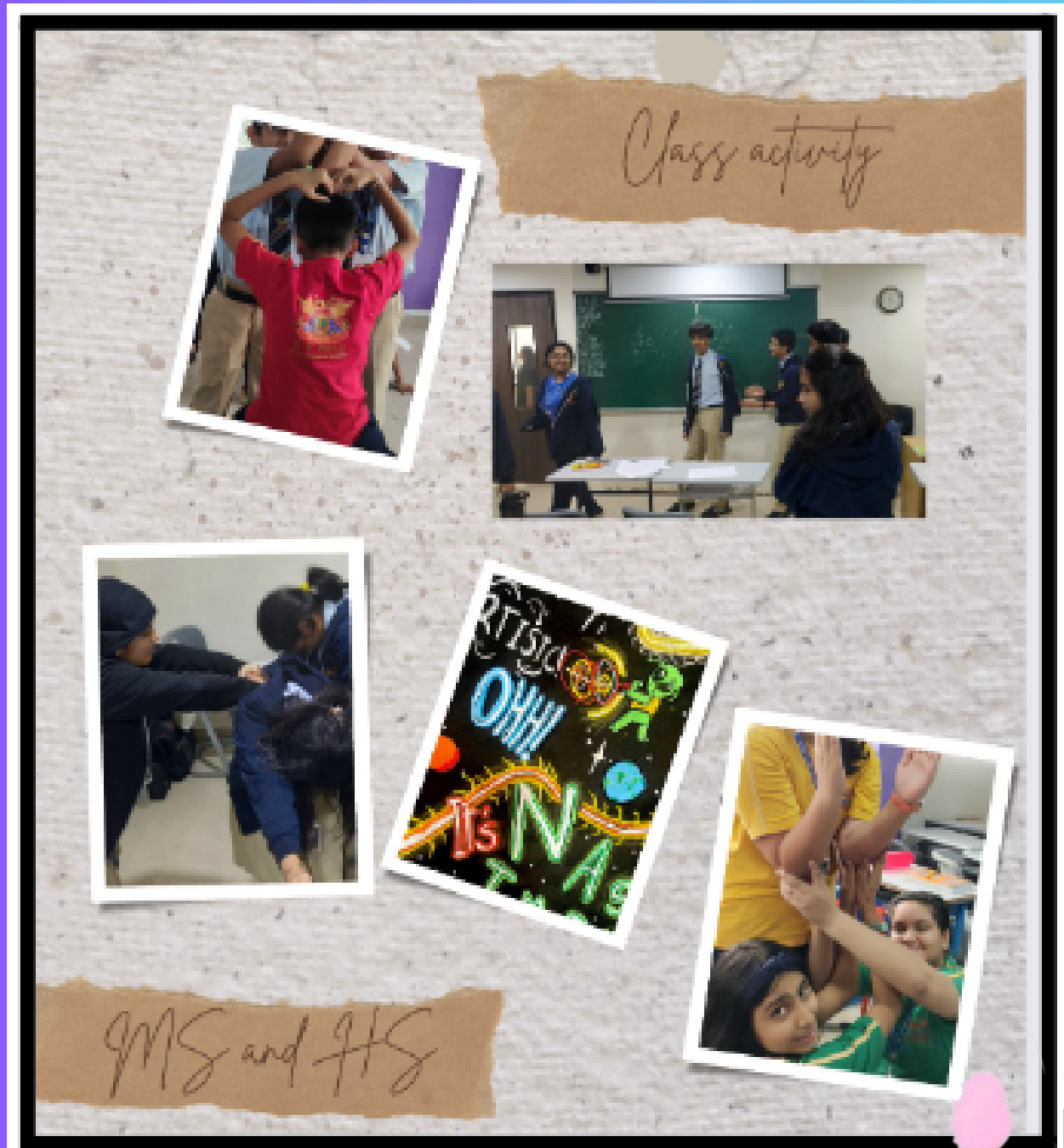
A SNEAK PEEK INTO THE CLASSROOMS

Primary, Middle and High School were engaged in various activities like passing the ball, to explore gratitude and self-compassion. These activities helped the students reflect on their positive qualities and experiences, thus fostering in them a sense of gratitude. They were also engaged in activities where they used adjectives to describe themselves. As a follow up activity the students were asked to create a visual representation of the adjectives and reflect on its meaning.



BE
grateful

A SNEAK PEEK INTO THE CLASSROOMS



BE
grateful



Dreamstime.com

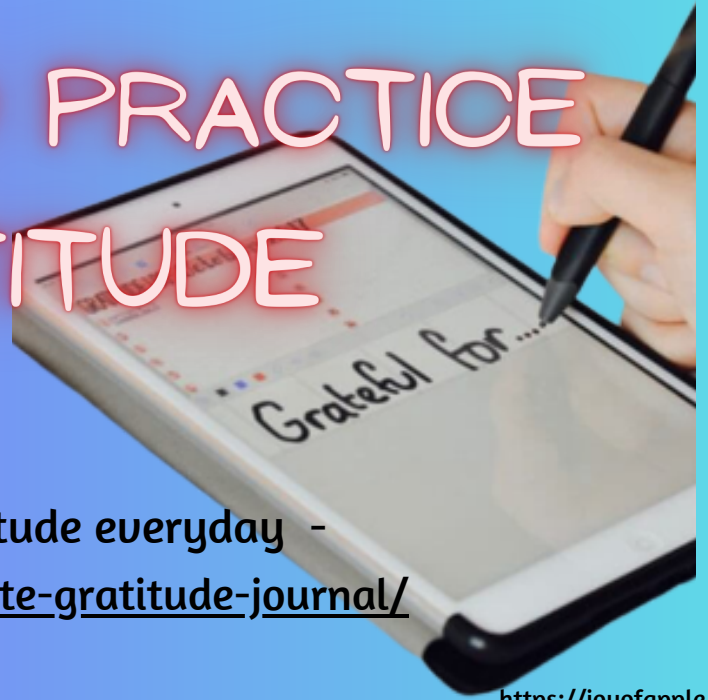
“Gratitude is the ability to experience life as a gift.”

John Ortberg (Zito, 2022)

Incorporating gratitude into our daily lives can significantly improve our overall well-being and the lives of those around us. Whether it's through journaling, expressing thanks, or simply taking a moment to appreciate the little things, practicing gratitude can bring about profound positive changes.



WAYS TO PRACTICE GRATITUDE



Try it out / Practice Gratitude everyday -
<https://grateful.org/practice/private-gratitude-journal/>

<https://joyofapple.com>

YOUTUBE LINKS -

<https://www.youtube.com/watch?v=JtQDA1ueJZE>

<https://www.youtube.com/watch?v=aQtIip6L5us>

<https://www.youtube.com/watch?v=JMd1CcGZYwU>



REFERENCE BOOKS TO EXPLORE

1. Words of Gratitude for Mind, Body, and Soul – Robert Emmons and Joanna Hill
2. The Psychology of Gratitude – Robert Emmons and Michael McCullough
3. Thanks! How the New Science of Gratitude Can Make You Happier – Robert Emmons
4. A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life – John Kralik
5. The Gratitude Diaries: How a Year Looking on the Bright Side Can Transform Your Life – Janice Kaplan
6. The Little Book of Gratitude – Robert Emmons
7. 365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life – John Kralik

TEAM DYPIS



24/7
*Happy
Reading*