

# Gratitude Group Activities

Perfect for holiday gatherings!

## Gratitude Wall

A gratitude wall is a dedicated space at work where employees write down what they are grateful for. Gratitude walls are one of the most effective gratitude at work ideas since they are visual activities.

For this activity, you will set up a gratitude wall in a common area at work. You can use wall space, whiteboard, chalkboard, or a corkboard. Encourage employees to write what they are grateful for and hang the notes on the board. You can share what people have contributed in a number of ways: group emails, at the next staff meeting, etc. If you have a large workforce, you can have a gratitude wall for each department.

## Thankful Tree

This is a great exercise for Thanksgiving. Here are the instructions:

- Arrange tree branches in a colorful planter.
- Cut out paper leaves in different colors, shapes, and sizes.
- Place the leaves in a bowl, along with magic markers, and put the bowl next to the tree branches.
- Have each person pick a leaf, write down something that they're grateful for on it, and hang the leaf from the tree branches.

## I'm Thankful For . . .

- Ask people to think over the following and what they want to fill in the blanks:

“I am thankful for (adjective) (noun) because (reason)”

*For example: “I am thankful for loyal friends because they reaffirm my faith in humanity”*

- Invite people to share their “thankful statement”

**Recognizing Good Things** – a quick team activity.

- Create a list of about 25 random items -- for example, “trains, cats, classical music, hair, kites . . . . “
- Divide people into teams and give each team a list to complete
- The first team to write “**the most awesome thing**” about each one of the items on the list wins.
- There are sure to be plenty of humorous answers while you are creating an attitude of gratitude.

**Gratitude Reflection** – a guided meditation practice from [changetochill.org](http://changetochill.org)

You will lead the group with these prompts:

- Take some time to place yourself in a comfortable position. Take a few deep breaths and let your chest rise and fall with each inhalation and exhalation. When you are ready, let your eyes drift closed (*pause for 5 seconds*).
- As you continue to breathe slowly and deeply, let your attention rest gently on your breath. Feeling the movement as it enters and exits your body. Each time you exhale, let go of any tension. Relax your face, your shoulders, your belly, your legs (*pause for 5 seconds*).
- On your next exhale, settle your attention to the area around your heart. Focus on the feelings of love, compassion, empathy, forgiveness (*pause for 5 seconds*).
- With your attention on your heart center, bring to mind something or someone you are grateful for (*pause for 5 seconds*).
- As you continue with your easy, relaxed breathing, perhaps you feel gratitude for being alive, or healthy (*pause for 5 seconds*).
- Perhaps you are grateful for the abundance of nature that produces food to nourish your body, and beautiful scenery to nourish your soul (*pause for 5 seconds*).
- Bring your attention to people who truly nourish you in your life and how they bless you with their presence (*pause for 5 seconds*).
- Feel gratitude for your own life and the many gifts you have been blessed with (*pause for 5 seconds*).
- Now bring your attention to how this gratitude feels in the area around your heart. With each inhale, let this feeling grow outwards. Expanding to fill your chest, your arms and hands, your legs and feet. With each inhale this feeling grows, filling you up (*pause for 5 seconds*).
- And now, even as you return your attention to your breath, let your body remember the sensations of your gratitude (*pause for 5 seconds*). You may open your eyes as you are ready.