



Presents

GRATITUDE

IS A MUS!

 **Let's give thanks.**



“Piglet noticed that even though he had a *Very Small Heart*, it could hold a rather *large amount of Gratitude*.”

A.A. Milne, Author of Winnie-the-Pooh Books

LESSON: Gratitude should have no limits.

WELCOME

NOVEMBER'S THEME: GRATITUDE

Gratitude is defined as:

- A feeling of thankful appreciation
 - Thankfulness
 - The quality of being thankful
- Readiness to show appreciation for and to return kindness

AGENDA

- Welcome and Updates (11 am - 11:05 am)
- Guest Speakers: YOU! - EGGs Participants (11:05 am - 11:10 am)
- Gratitude Discussion (11:10 am - 11:35 am)
- Questions from Participants and Parents (11:40 am - 11:55 am)
- January meeting: Planning for Greatness (11:55 am - 12:00 pm)

Participants' Prompt: Outside of the EGGs program, share one person, place, or thing you are ready to show appreciation for, and how do you plan to return kindness?

DISCUSSION

Let's take some time to discuss "gratitude" and what was shared.

"How did you all define or understand gratitude before today?"

Is your thinking the same or a little different?

"Do you practice gratitude daily or fairly often?"

How and why do you do this?

"What are each of your thoughts about what was shared by your peers?"

Focus on how kindness will be returned and if you have any further ideas on how this can be done.

ANY QUESTIONS?

GRATITUDE JOURNALING CHALLENGE



Counting today, there are exactly 6 Saturdays/weeks leading up to Christmas Day!

Let us commit to practicing and expressing gratitude by selecting one of the prompts provided, on the next slide, each week and writing a brief reflection. Do this at the end of each week, starting today.

You can choose to share your brief reflection each week in the EGGs Shells WhatsApp group. This is, however, NOT required.

At our January session, you will be asked to present for 2 minutes each on how the challenge impacted you leading into the holidays and 2022.

PROMPTS

- What's a stressor you're grateful to have put behind you this year?
- Have you had a chance to help someone recently, and how did that make you feel?
- What's something you look forward to in the future?
- What's something enjoyable you get to experience every day that you've come to take for granted?
- What about today has been better than yesterday?
- What's an aspect of your personality that you're grateful for?
- How have you used your talents recently, and what have you enjoyed about doing that?
- What made you laugh or smile today?

EGGs Check-In

HOW ARE WE FEELING?

- Scrambled- confused/overwhelmed
- Fried- tired /exhausted
- Hardboiled- confident/ready to take on anything
- Poached- relaxed/cooling out

THANK YOU!

Our next meeting is scheduled for **JANUARY 15, 2022**

Theme: Planning for Greatness

MERRY CHRISTMAS & A HAPPY NEW YEAR!!

