

AP287

Gratitude Garland Activity Pack

Decorative and Functional Benefits:

It can be an evolving piece where new “gratitudes” can be added over time, keeping the activity ongoing and dynamic.

Cognitive Benefits:

Enhances Focus - The act of identifying and writing down gratitudes improves focus and concentration.

Improves Mental Health:

Regularly acknowledging gratitude can decrease symptoms of depression and anxiety.

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Kit may contain silicone gel packets, which should be removed before use.

Reorder Number

AP287

1.0

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MAKING IT EASY
to Help People Play and Learn Since 1906

Gratitude Garland Activity Pack

PLEASE READ ALL INSTRUCTIONS BEFORE STARTING



YOUR PACK INCLUDES:

- 500 sturdy paper strips
- 12 non-toxic Color Splash!® glue sticks

YOU'LL ALSO NEED:

- pencils, markers or crayons to write with

What is Gratitude?

Gratitude is feeling thankful or grateful for the good things in life... no matter how small. It's appreciating the person, experience or thing that made you feel happy. Expressing thankfulness and focusing on the positive helps develop self-awareness and an optimistic mindset & outlook on life.

What is a Gratitude Garland?

A paper chain garland is a hanging decoration made from strips of paper. It becomes a Gratitude Garland when individuals or a group write or draw words and thoughts that express things they are thankful for or that make them happy on the links of the chain. It's a creative and decorative way to communicate and display gratitude.

Creating Gratitude Garlands:

This craft is so easy and fun to put together. It can be assembled all at once or by adding one link to the chain each day. This activity is great for kids or adults as a way to remind them of all the things they are thankful for.

Step 1 – Decide if each participant will create their own personal garland or if this will be a collaborative project assembled as a group...creating one long garland of gratitude!

Step 2 – Determine if the garlands will be constructed in one sitting with everyone listing many things they are grateful for and assembling them all at once, or whether the garland will be assembled over time – with links being added daily, weekly or as desired.

Step 3 - Encourage participants to reflect on things they are grateful for and then write them on the brightly colored paper strips. They can choose to add drawings and doodles, stickers, even glitter.

Finally – Form the chain (garland) by linking each strip into the next, using the glue sticks to connect the ends (tape or staples may also be used).



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Creating a gratitude garland offers so many benefits, from fostering emotional well-being to enhancing social connections. Here are some key advantages:

Emotional Benefits:

Boosts Positivity - Writing down things you are grateful for helps shift focus from negative to positive aspects of life, enhancing overall mood.

Reduces Stress - Practicing gratitude can lower stress levels and increase feelings of calm and contentment.

Enhances Mindfulness:

Creating a gratitude garland encourages you to be present in the moment and appreciate the good things in life.

Social Benefits:

Strengthens Relationships - Sharing and displaying gratitude with others can strengthen bonds and create a sense of community and support.

Promotes Empathy - Encouraging others to express gratitude fosters empathy and understanding among family members or friends.

Encourages Positive Communication - Discussing what you are grateful for can lead to more positive interactions and conversations.

Educational Benefits (especially for children):

Teaches Gratitude - This activity helps children learn the importance of gratitude and how to express it.

Develops Fine Motor Skills - Writing and assembling the garland helps improve fine motor skills in children.

Encourages Reflection - Writing down things they are grateful for encourages children to reflect on their experiences and appreciate them.

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