



Thanks

Thanks for what?

Thanks

In a moment of peaceful reflection please consider why you should be thankful.

Think of the everyday things or people in your life that are sometimes forgotten or taken for granted.

Join with your tutor by quietly saying the prayer.

As you finish the prayer, invest in a minute of silent thought, what are you going to do in making new beginnings or take advantage of fresh opportunities today?

Thank You Lord

For this beautiful new day.

For Your Gift called Life.

For the Grace of being alive today.

For the chance to make a new beginning.

For all the people you put in my
Life when I needed them.

For Your Love that Protects Me
All day long.



Thanks

- Q- Has saying 'Thank you' gone out of fashion?
- Q- When was the last time you said, 'Thank you?'
- Q- When was the last time someone said 'Thank you' to you?
- Q- Can you remember what it was for?

The greatest gift you can give someone is to show them that they matter, that they are important and that they make a difference.

- Q- Can you remember the last time you felt this way?

While it would be nice to hand out presents or cash bonuses to express our appreciation, that's obviously not practical. But watch what happens when you take a few moments to sincerely offer your gratitude to everyone in your life or people you meet.



Thanks

Don't limit your thanks to a once-a-year gesture like a card; make it part of your everyday life. When you do it sincerely, you will be amazed at the ripple effect. When others know they are appreciated it will make them appreciate you back, and they will be eager to go the extra mile for you. But your gratitude must be genuine, not just checking something off your to-do list.

A close-up photograph of a woman with dark hair tied back, smiling broadly and hugging someone from behind. She is wearing a light blue sweater. The background is bright and slightly out of focus. Overlaid on the image is a large, semi-transparent watermark that reads "Sincerely".

Thanks

Chances are good that there is indeed lots to be grateful for, but it's so easy to take it all for granted and only see what's lacking.

Giving compliments is not a sign of weakness. Telling someone you appreciate them, that they have done a good deed, their work is valued, or someone has made a positive difference is a generous act of recognition. It shows people you have noticed.

A photograph of a man and a woman embracing outdoors. The man is wearing a blue hat and a blue patterned shirt, smiling as he hugs the woman. The woman has curly hair and is wearing a white shirt with a blue pattern. The background is a bright, sunlit outdoor setting with green foliage.

Thanks

Saying 'Thank you' is something we have all learnt as a small children.

What many people might not realize is that these two simple words have a profound impact on our daily outlook, our ability to be successful and most importantly to be happy. Not to mention the health benefits from embracing gratitude.

Research shows that people who are more grateful have better heart health and more disease-fighting cells in their bodies.

Thanks

- There are several great reasons why kindness and gratitude are imperative to our daily lives.
 - **Kindness promotes gratitude.**
 - **Gratitude improves self-esteem.**
 - **Higher self-esteem leads to greater confidence.**
 - **Strengthen relationships as gratitude increases empathy and sensitivity toward others.**
 - **Bolster a more positive outlook, reducing stress.**
 - **Reinforce pride in people's work and motivate them longer term.**
- **Drive satisfaction and purpose in your work.**
- **Improves wellbeing,** (improving attendance and self care).
- **Increase resilience in challenging times.**
 - **It is a Long-Term Motivator.**



A photograph of a group of people hugging at a social event. In the foreground, a man with dark hair is seen from the back, wearing a dark shirt. He is embracing a woman with long blonde hair who is wearing a red patterned shirt and a yellow wristband. Another person with dark hair is visible to the right, also wearing a red patterned shirt. The background is blurred, showing other people and warm, bokeh lights, suggesting an indoor social gathering.

Thanks

Research has also found that a significant number of adults in work and children in school valued kindness over money and material items. They highlighted the importance of building a collaborative and supportive culture in their business or school where ‘appreciation’, ‘recognition’, ‘being valued’ and showing ‘good manners’ mattered most.

‘Serving God through learning together’ is our school motto-

Q- What connection has this got with saying ‘Thank you’ and showing kindness?

A young man with curly hair is being hugged from behind by a young woman. The man is smiling and looking down, while the woman is laughing joyfully. The background is a bright, out-of-focus indoor setting.

Thanks

Being thankful is good for you too.

People who regularly take time to notice the things they are thankful for, experience more positive emotions, sleep better, and express more compassion and kindness toward others. That's great for success at school and for us as individuals!

Grateful people tend to have lower blood pressure, improved immunity, healthier hearts and better mental health. By focusing on the positives each day, our outlook on life generally improves too.

Thanks

- Q- So how can you say 'Thank you' to someone?

Flowers

Card

Letter

Smile

Email

Hug

Present

Text

These may be some of the popular ways-

- Q- Can you think of others?



Thanks

There are also many different reasons why we may want to say, 'Thank you'.

For being a great friend

For doing someone a favour

For food

For shelter

For being loved

For our freedom and democracy

For doing a good job

For dedication of service

- Q- Can you think of others?





Thanks

There are also key times during the year when we pause and remember to say, 'Thank you'.

Birthdays

Christmas

Easter

Anniversaries

Armistice Day (Nov 11)

Harvest Festival

International Thank you Day (Jan 11)

Q- Can you think of others?





Thanks

Your challenge.

Try and find a reason each day to say thank you to someone different.

Do this for 30 days.

Create those positive ripples.

If we all do this genuinely and sincerely, imagine the positivity we would spread in our school and families.

Listen to one of the following songs, think of those people who you would like to say 'Thank you' to and why they deserve your thanks.



Thanks

- <https://youtu.be/voNEgCKzves>

Andrew Gold- Thank you for being a friend
4.30mins

- <https://youtu.be/Yomf00wtKxw>

Celine Dion- Thank you 3.58 mins

- <https://youtu.be/HaZpZQG2z10>

Queen- Best Friend 3.07 mins

- https://youtu.be/IMxL3_P9eNE

Rita Ora- Grateful 4.04 mins

- <https://youtu.be/d0EakQ-BcNQ?list=RDd0EakQ-BcNQ>

The Kinks- Days 2.54 mins