



Gratitude Walk

The ancient people of the Sonoran Desert developed a deep connection to their surroundings, one that helped them stay grounded in the natural rhythms of the desert and aware of and grateful for the gifts the desert provided their community.

Taking students outside for a purposeful walk, no matter where they live, helps them ground themselves in the rhythms of the place they're from and connects them to the its gifts.

What's Inside?

An overview of one teacher's approach to the "Gratitude Walks" she talks with her class.

Source

<https://theclassroomcommunitycopilot.com/2019/10/gratitude-activities.html>



CLASSROOM
COMMUNITY

Going on a Gratitude Walk



Getting outside in nature calms us down and helps us be mindful of what's around us. For one of our gratitude activities, I like to take my students on a walk outside around the school. Before we go for our gratitude walk, I talk about grounding ourselves and using our senses to be mindful of what we experience.



During the walk, we may pause and close our eyes, take some deep breaths, and listen. If it's safe, I have my students take their shoes off during a part of the walk and feel the ground through their feet. We might share things that we're grateful for during the walk or afterward. Maybe you want your students to pick up something to remind them of the walk, or maybe not.



Once our Gratitude Walk is complete, I usually give my students five minutes to sketch or write in a journal whatever is in their brain. They can write how they felt, what they sensed, what they felt grateful for, what they thought of during the walk, etc. Then, we will discuss it all together or in small groups,



This gratitude activity expands our minds of what we have to be grateful for and helps us reflect on life around us.

Source

<https://theclassroomcommunitycopilot.com/2019/10/gratitude-activities.html>