

GLAD

# MINUTE

[wellness.asebp.ca](http://wellness.asebp.ca)

## MATERIALS:

- Paper and pen
- Device to record time (clock, stopwatch, cell phone)

## INSTRUCTIONS:

1. Ask participants to write as many things down in a list or brainstorm about things they are grateful for in their life for one minute (one or two words maximum for each item on the list)
2. Note that participants won't need to share their list with their neighbours
3. Record the minute, and tell participants when to put their pens down
4. Now let the group know that high scores do not win in this game. Rather, it is an opportunity to reflect on the context of what you are grateful for. For some it could just be a few things, or many for others—it is a very personal exercise and will differ for everyone

## DISCUSSION:

Ask participants to review their list and share with their neighbours if they wish. Are there any themes? Did they do this chronologically of their life from childhood to adulthood? Is there any timeframe of their life that they tended to focus more on in listing gratitude, or people versus things? Encourage discussion around the benefits of gratitude, and how simple it can be to take time to reflect on what we're grateful for.