

# Concord Summer Experience



<b>Activity Title</b>	Gratitude & Affirmations		
<b>Activity Overview</b>	In this lesson, you will explore the art of journaling. You will explore noting down your thoughts, feelings and emotions and use them to compose a short letter of thanks to someone.		
<b>Activity Duration</b>	60 Mins	<b>Resources Required</b>	<ul style="list-style-type: none"> <li>➤ Paper</li> <li>➤ Pen</li> <li>➤ Notebook</li> <li>➤ Letter template</li> </ul>
<b>Activity Summary</b>			
<p>Today’s session is all about exploring the art of journaling. What is journaling? This is when we can write down and record our thoughts and feelings. There are many benefits to journaling.</p> <p>It can be a healthy way to express yourself and a helpful tool in managing your mental health.</p> <p>Journaling can help you:</p> <p>Improve your mood by helping you identify problems, fears, and concerns whilst providing an opportunity for positive self-talk and positive reflections on your daily activities.</p> <p>Today I am tasking you to explore your feelings and emotions and with those journaled notes compose a letter to say thank you to someone who has been a positive influence, good friend or completed a random act of kindness towards you or a family member.</p> <p>The letter should include:</p> <ul style="list-style-type: none"> <li>• A description of why you have written the letter to say thank you.</li> <li>• How what they did made you feel</li> <li>• Why you are grateful to that person and why you are grateful for them in your life</li> </ul> <p>Keep in mind that journaling is just one aspect of a healthy lifestyle.</p> <p>To get the most benefits, be sure you also:</p> <ul style="list-style-type: none"> <li>• Relax and meditate each day.</li> <li>• Eat a healthy, balanced diet.</li> <li>• Exercise regularly—get in some activity every day.</li> <li>• Treat yourself to plenty of sleep each night.</li> </ul> <p>So get thinking who would you like to Thank and why? Then pick up those pens and get Journaling.</p>			