



Year 8's Summer 1 Value



Gratitude

Gratitude is more than just remembering your "pleases" and "thank yous." It's a mental game-changer.

To be grateful for what you have is noticing the good stuff in your life, even when the Wi-Fi is down or changing schools can seem daunting.

Whether it's appreciating a teacher who made a lesson fun, a teammate who had your back on the pitch, or just having a safe place to hang out in town, noticing these moments boosts your mood and builds resilience. It turns what we have into enough, making us happier students and better members of our community.

Questions/talking points for home.

The Micro-Win: "What's one tiny thing that happened today—even something that lasted five seconds—that made you smile?"

The Unsung Hero: "Is there someone at school (a student, teacher, or cleaner) who makes things better but rarely gets thanked?"

The "Slow Wi-Fi" Check: "What's a 'first-world problem' we complained about today that actually reminds us of something we're lucky to have?"

Friendship Perks: "Think of your best mate. What's one specific thing they did recently that you're glad they did?"

Skill Appreciation: "What's a talent or skill you have that you're really glad you worked on?"

The Surprise Kindness: "Did anyone do something unexpectedly nice for you today, even if it was just holding a door?"

Physical Feeling: "How does it feel in your chest or head when someone gives you a genuine compliment?"

These issues are covered in some of our class readers, such as *The Malala* and *trash*.

See if you can spot them when we read these parts of the stories.

Don't forget to get your parents to submit examples of your critical awareness.

You will earn x5 merits!

