

Gratitudes



Week Three: Creating Space for Positive Emotions

Pework Expectation: Watch this video from Soul Pancake (Send this link out in advance)
[An Experiment in Gratitude | The Science of Happiness](#)

Learning Objective: (“Each participant...”

- Can create space for positive emotions.
- Will discuss the importance of making the decision to scan their day for positives

Essential Concept:

Demonstrate leadership, integrity, ethical behavior and social responsibility in all environments.

Skills Required:

- Communicate clearly
- Collaborate on structured tasks
- Show sensitivity to others' views and ideas
- Understand how to create consensus
- Use active listening and speaking skills
- Positively support the work of others

Opening question(s):

“How often do you find yourself in a situation to create positive emotions for yourself and others?”

Thoughts to Consider:

When we create space for positive emotions, it means that we are doing it on purpose. We are intentionally looking for ways to create space for positivity. Some days can seem bad, but when we take the time to find what makes us smile, it can help us a lot. This is the type of behavior that helps us to automatically find the good, regardless of the situation. By finding gratitudes in our day, we realize we have to make our own selves be happy.

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Connecting This Lesson To Our Work:

- Are there places in our busy days at work where we can insert a gratitude practice, making space for the positives?
- How could your example of a gratitude practice at work impact others and the organization as a whole?

Action:

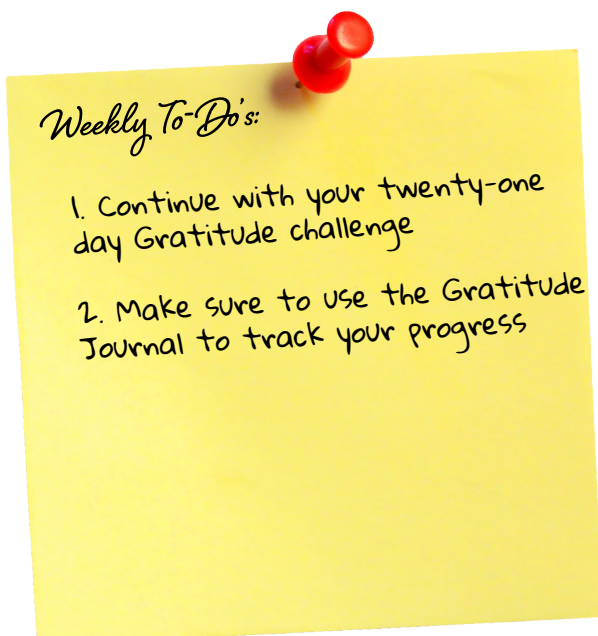
During our time today, we are going to take a look at the gratitudes that the frogs of Pond 4 had. Each frog had their own points of view on life around the pond. In a couple of sentences, describe what each frog had to be grateful for, even if they didn't realize it at the time, and explain why. Ask different people one of the following:

"What was Spark's point of view of living on Pond 4?"

"What was Misty's point of view on living on Pond 4?"

"What was Plop's point of view on living on Pond 4?"

"What was Bull's point of view on living on Pond 4?"



Alternate Discussions:

- What is an example of a positive emotion?
- How can you create space for positive emotions?
- Do you typically find yourself able to scan for positives through your day?