

Thriving Kind Module 32- Attitude of Gratitude

Materials Needed:

- oil pastel
- medium paint brush
- watercolor set
- scissors
- a cup of water
- paper towel
- watercolor paper
- sharpie
- pencil

Introduction & Practice by Tammy

This is a practice that can be modified in a variety of ways and done every day as part of a morning routine - some people keep a journal and create a “gratitude wheel” just in pen. Feel free to adapt this practice for your needs.

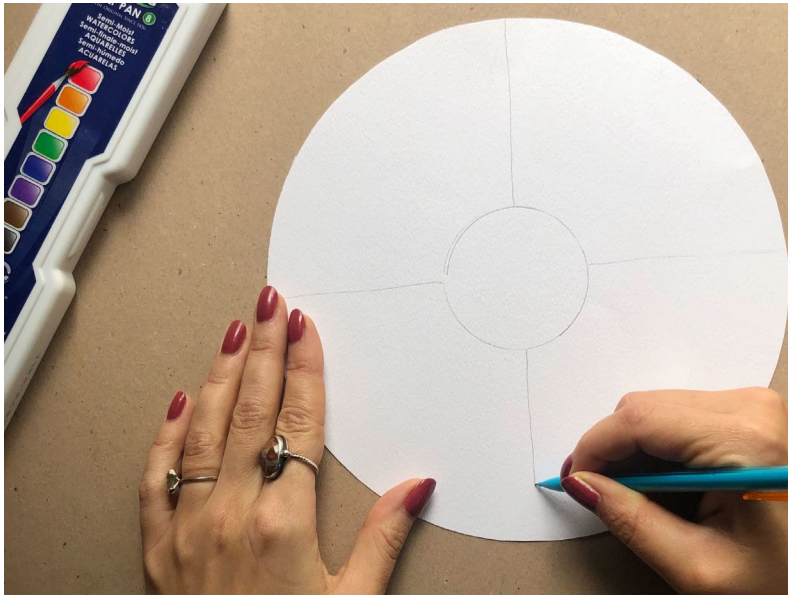
1. Trace a large circle onto your watercolor paper and cut out the shape. If you want a more organic shape, you can draw a circle freehand.



2. Using a smaller object, create a smaller circle in the center (it doesn't have to be perfectly centered!)



3. Using your pencil, create lines coming out of the circle. To create rays that are more evenly spaced, start by creating vertical and horizontal lines coming out of the inner circle, adding additional lines until you have 16 or so spaces between the rays. Don't worry about your lines not being straight enough or your spaces not being perfect!



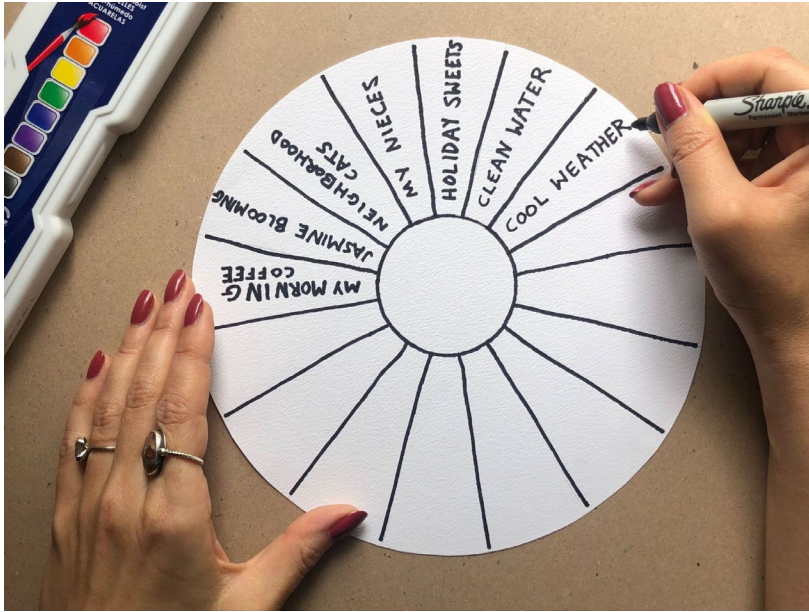
4. Outline your circle and rays with sharpie.



5. Begin generating a gratitude list, and try not to overthink it. Anything you're thankful for will work - from clean water, to library books, to friendship, to a pain-free day. Nothing is too big or small.



6. The first few entries might flow easily before you feel a bit stumped - and that's okay! Sometimes the exercise of having to look for things to be thankful for can help shift your perspective.



7. With your circle complete, let's add some color. While we are using oil pastels and watercolor paints in this example, colored pencils and crayons would work just as well.



8. Start by adding color to the center of your gratitude wheel. You can simply blend colors or create a pattern or symbol (like a sun, star, or heart - whatever feels right).



9. Now use the oil pastels to add a little brightness and pattern to the entries on your wheel. Oil pastels resist watercolor paint, so whatever colors you add here will show up when you paint on top of them later if you press them in hard enough.



10. Mix up your watercolors and begin painting each entry, making sure your watercolors are light enough so you can read your words.



11. Two wet areas of watercolor will bleed into one another, so here I skipped around the wheel to allow colors to dry before painting near them.



12. Here's my completed wheel example!

