

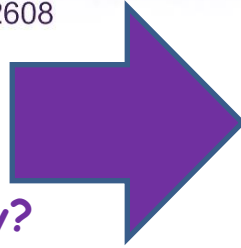


# Ascot Vale Primary School

No: 2608

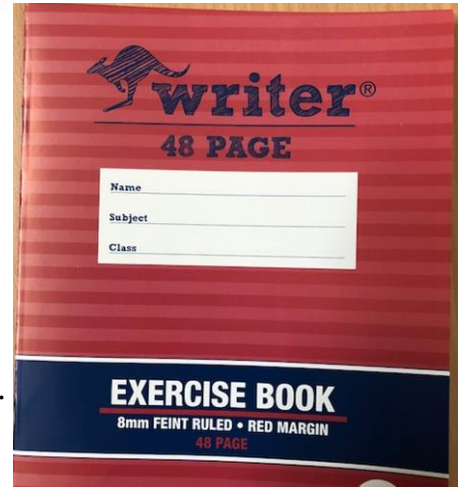
Hello AVPS Kids

This is your new **Gratitude Diary**



## WHY HAVE A Gratitude Diary?

Gratitude is one of AVPS most important new values. Experts say that keeping a gratitude diary can help to increase positivity and happiness, which is VERY important.



## INSTRUCTIONS

1. Please decorate the front cover with the heading 'Gratitude Diary' and your name. Then paste onto the front cover, words, drawings or magazine cut outs of things that you are most grateful for or that bring you the most JOY.
2. Make an entry in your diary every day about the things you are most grateful for each day. Be creative - you can use writing, drawings or cut and paste. Don't forget to write the day and date.
3. AND / OR - make an entry in your diary about the 'random acts of kindness' you did, are planning to do, witnessed or saw on a screen (TV / Computer).
4. Try to do one 'random act of kindness' for your family members each day, For example, help tidy up the house without being asked. Offer to help with things like gardening, sweeping, making beds, co-operating with siblings.

Kind regards and warmest wishes to you and your family, from the AVPS admin team.

Sue Osborne  
Principal

Michael Downing  
Assistant Principal

Christina Micucci  
Admin Assistant

Kylie Moverley  
Business Manager

