

Practicing BODY GRATITUDE



What are most grateful for about your body?

How do you thank your body?

Name three parts of your body you are grateful for and why?

Say out loud "I am thankful for my heart because it pumps blood to my body and keeps me alive".

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Take in a huge breath of air and then exhale. Say out loud, "I am thankful for the lungs that give oxygen to my body."

Take your hands and rub your arms and legs. Feel the bones beneath your skin? Say out loud, "I am thankful for the strong bones that carry me through life and never let me down!"

Take your hands and place them on your stomach. Feel the skin beneath your fingers. Say out loud, "I am thankful for my stomach and digestive system. It gives me the fuel and energy I need to be alert and walk through life."

Use some smell good lotion and rub your feet. Say out loud, "I am thankful for my feet and the life journey they' traveled as well as the journey yet to come."