

Gratitude Journal

You can do an entry every day that looks like this:

Top 3 Things Ms. Bell is grateful for on April 1

- Fresh air
- A cozy bed to wake up in
- Amazing family and friends to video chat with

Three things Mrs. Kingston is grateful for on April 1

- My family being together.
- Technology to keep in touch with my extended family and friends.
- Warmer weather to get outside and enjoy.

Three Things Ms. Waye is grateful for today...

- a. Technology because without it right now I would be still getting peppered with Nerf bullets, I am so over the Nerf wars here.
- b. Grateful for everyone that is still going to work right now because they are essential workers. I pray for them and their families.
- c. Great coworkers who I miss dearly.

And a weekly entry that looks like this. Challenge yourself to do both!

Ms. Stewart's Gratitude Entry

I appreciate Nursing Home employees! They spend time with our dads, Nannies, and neighbours and do all the things that we wish we could do for them but can't. Organizing games, bathing, putting a warm blanket around their shoulders and even giving hugs! I am grateful for these amazing souls. We also need to remember to hug a tree! Trees produce the oxygen we need to live, filter our air and provide shade, homes, hiding spots and frameworks for camps. I am grateful for trees. It may not be as necessary to life as trees are but oh my, am I thankful for pop. Fizzy, exciting, cold and

refreshing, pop is one of my loves (although Polar Pops and I have been practicing major social distancing... like me at my house and the Polar Pop's at the Irving). I am grateful for pop (and all the healthy food I eat to balance out my bubbly treat).

What Ms. Perry is grateful for this week:

- Technology- I'm so thankful that we have technology that can help to keep us connected during this difficult time. This week I used an app to see my sisters and play games with them online. So cool!
- My dog Scout- Each day Scout gives us all a great reason to get outside and go for walks. He also makes us laugh every day with his silliness and is a great cuddle-buddy when I watch TV in the evening.
- Exercise- I'm loving that the weather is getting nicer and I can go for runs outside. Exercising gives me some much needed "me-time" and keeps my physically and mentally healthy.
- Books... go figure 😊- This week we read Roald Dahl's The BFG. It was the first time I'd ever read it and I loved it!!! If you've never read it, you must! It's so funny!
- Leadership- I'm thankful that we have people working in government to keep us safe and help to lead us through these challenging times. I'm also thankful for MAA local leadership- from administrators and staff, to the student council for making that lovely video that was shared on Facebook!
- First Responders- There are so many people who go to work each to help keep our community safe. I'm thankful for all of those brave men and women.

Three things Ms. Campbell is grateful for this week...

- Our students... Many of our teachers have said that talking to our students on the phone this week has been the highlight of their day. All the teachers were so happy to hear your voices!
- My pets... Our dog and our two cats provide lots of entertainment, cuddles, affection. Our dog is living her best life because she has all her people home with her all the time. She thinks this is great! And I feel like we could all learn a thing or two from cats – take long naps and soak in the sunshine.
- Kindness... I'm seeing so much kindness floating around. People putting hearts and rainbows in their windows and driveways to encourage others. People running errands or picking up groceries for those who are vulnerable. People posting encouraging and positive messages online. I am grateful for those who shine a light of positivity during a difficult time. It helps me stay positive too!

Three Things Ms. Hogan is grateful for this week...

- Family and Friends – It has been different not being able to visit family and friends, but I am thankful for our phone calls, facetimes and messages to stay connected. I even tried having a Netflix's party with friends, have you tried it out yet?
- Warmer Weather – I have enjoyed being able to get outdoors and enjoy the sunshine. I even spent some time sitting on the deck reading on a few of the warmer days. This is one of my favourite things to do as the weather continues to get warmer.
- MAA Staff – They truly are rockstars!! Each one of us has been working so hard during this difficult time to make sure our students are happy and safe. I appreciate each one of them and I am glad to be a part of such an awesome team. But I know you already know how awesome they are!!

Three Things Ms Barrieau is grateful for this week...

- The great outdoors and the melting snow! I've been getting outside to run, bike and walk in the woods with my daughter Alexia. I feel better EVERY TIME I go outside. Try it!
- The people who must work outside of the home to keep us living comfortably within ours.
- Craft and activity websites to help me entertain and have fun with my spunky 3 year old.

Four things Ms. Richardson is grateful for this week... (Like Mrs. Perry I couldn't limit it to just three 😊)

- I'm so blessed and truly grateful for my students, parents, guardians and amazing colleagues. My heart is full, from talking with my students as I miss you all dearly, I'm so happy we had the time we had together and look forward to when we can all be together again , STAY SAFE everyone and keep smiling those beautiful smiles!
- Finding my love for the outdoors and reading again, I've made it a point to get outside every day and breath some fresh air, it surely does make the body fill better and clear my mind. I've read several books I had been meaning to, once I found the time....no better time than the present 😊

- I'm so thankful to Mrs. Campbell for our Facetime chats as it can get lonely being cooped up alone in my house ha-ha! I'm relieved I have access to technology and the internet as I know some individuals don't have access.
- I'm grateful I live alone, and nobody must eat my cooking Ha-Ha! I've been trying new recipes and developing my culinary skills.

Three things Mrs. Gallant is thankful for this week:

- a. Technology - it allows me to connect with coworkers, friends and family during these trying times. Facetime has allowed a hospitalized family member to see their children and grandchildren. I am able to connect with friends and family via social media when I can't see them in person.
- b. A slower pace – as much as we all miss our activities in my house (hockey, dance classes, preschool, etc.), with four children it can be very busy. I am choosing to enjoy the time with my family – no rushing. We can cook and eat supper as a family every night without rushing to get out the door again.
- c. The outdoors – My favorite way to clear my head and take time for myself is by taking a long walk. I am thankful that the days are getting longer!