

Practice Gratitude in Motion

Use the letters of the words **THANKFUL** to practice gratitude while doing gentle movement. While doing the movements listed on the right side for each letter of the word **THANKFUL**, think about the subject on the left side.

Gratitude Prompt		Movement
A time in your life for which you are thankful.	T	Gently twist side to side.
Something in your home .	H	Hang arms and upper body toward floor.
An animal .	A	Perform arm circles .
Something in nature .	N	Gently nod your head back and forth, side to side.
Kindness someone showed.	K	Kick your left foot out in front of you, then your right.
Friends (human or pet).	F	Flex your toes (pull them up, then lower them).
Something unusual (occurrence or thing).	U	Upper cut with your arms.
A love or a life for which you are thankful.	L	Lift your arms as you inhale, lower them as you exhale.

ALWAYS make sure you are making these movements within your comfort range. Feel free to sit down or modify any of the movements as needed. You may also use something sturdy to help balance yourself if needed.

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