# Gratitude Board

Students focus on the negative especially when stressed. They can only see what they did wrong instead of all they do right. Practicing gratitude is a proven way to shift perspective from negative to positive. Making gratitude a group activity can help grow the practice for all.

Gratitude boards can be physical or virtual. Physical boards can be as simple as a big piece of paper in the hallway or classroom. Virtual boards could be ongoing discussion boards, simultaneous posts in a chat forum, or a word cloud at the end of a virtual class meeting. A variation on gratitude is “three good things.” Both encourage a positive outlook.

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