



Gratitude Using Mindfulness

Level: Pre-Entry Level

In successfully completing this unit, the learner will have	Evidence needed
demonstrated the ability to 1. discuss the main links between mindfulness and gratitude	Summary sheet
2. identify something they are grateful for from a challenging situation	Summary sheet and/or student completed work
3. identify the key strengths and qualities they used to manage a challenging situation	Summary sheet and/or student completed work
4. identify the key actions they took and things they learned when dealing with a challenging situation	Summary sheet and/or student completed work
5. identify at least two practical uses of mindfulness.	Student completed work

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