

## Gratitude, learning and wellbeing

Kerry Howells

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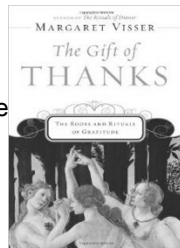
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## Reconnaissance

Recognition through gratitude



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## Outcomes of case study

1. Positive impact on students:
  - Improved student attendance
  - Increased student engagement
  - Improved relationships
  - Enhanced wellbeing



2. Positive impact on teachers:
  - Improved teacher-student and colleague relationships
  - Enhanced wellbeing
3. Positive impact on the school:
  - More positive learning environment
  - Increased positivity
  - Enhanced connection with the wider community

Howells, K. (2014). An exploration of the role of gratitude in enhancing teacher-student relationships. *Teaching and Teacher Education*, 42, 58-67

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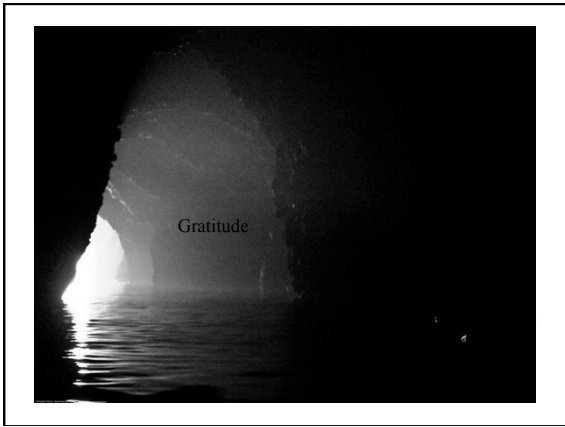
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Practice

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circumstances

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1. Take up a gratitude practice
2. Practise reconnaissance
3. Move from resentment to gratitude

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