

The Winchester School, Jebel Ali

Date: 21st September 2022

Audience: Year 4 students and teachers

Venue: The Winchester School

Title: World Gratitude Day

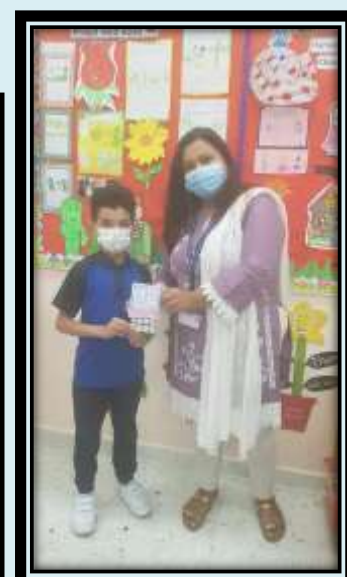
Presenters / Conductors: YEAR 4 Students & teachers

Aims & Objectives: To remind us of the importance of expressing gratitude and being thankful

Summary:

Being thankful results in a whole host of emotional and physical benefits. For instance, you can **boost your immune system, lower stress levels and improve sleep by being thankful**. If that was not enough, gratitude can also help to improve self-esteem and lower symptoms of depression. World Gratitude Day is celebrated on September 21 annually. This day aims to remind us of the importance of expressing gestures of thanks and appreciation. **Students of year 4** expressed their gratitude to their family, friends, teachers, school doctor, support staff, the security and acknowledged the important role all these people play in their life.

Pictures & Flyers:



Student/Teacher Feedback:

Davyd 4A: It feels good to appreciate everyone's hard work and say thank you

Isabela 4B: It is a positive thing to be grateful and thankful.

Organized by: Year 4 teachers.