



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



GRATITUDE FOUR: THANK YOU MS KATHY

Dear Miss Kathy,

I learned how to focus and get to be smart too and it makes me feel great to be in school a lot. And it feels like I'm on top of a mountain.

Thank you Ms. Kathy



You are the rainbow

To: Ms. Kathy
From: New student

I will remember to breathe and I will not let anyone take my power. I will always do the yoga you taught me when I'm mad. I will think of you to be calmer. We will miss you Ms. Kathy. Hope you have fun.

Dear Ms. Kathy,

I will remember to do the yoga poses. I will always listen to my heart.

Thank You Miss Kathy,

You touch my heart a lot. You made me realize things I never knew. Thank you for showing me how to calm down. I needed that. Now I know how to do different stretches. Thank you for showing me the tree pose. It help me know my balance.

Notes of gratitude for Kathy Flaminio from students in kindergarten through fifth grade who participated in The Moving in Learning Residency, a program that provides mindfulness and movement activities to students in kindergarten through grade 12. Each classroom received 25 minutes of movement and mindfulness for six weeks. For more information about Kathy and her work visit: <http://www.1000-petals.com/>

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