



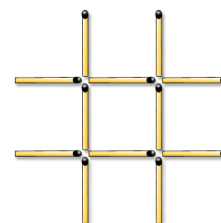
## Gratitude - Staff Session 2 - Session Plan

### Aim of the Session

Many of the staff at the Dongri Children's home have been working for many years at this institution. This place is a difficult place to work at and also an under-appreciated space. Many of these staff members feel burnt out or undervalued. This leads them to be frustrated very often and they start seeing negatives more and more. We have ourselves seen the magic of gratitude and wanted to ignite this sense of gratefulness in the staff as well. With that thought in mind, we created this session for them on "Gratitude".

### Overview

1. Welcome - Heart Pins, Tika, Center Piece, Instrumental Music
2. Puzzle activity - Move 3 sticks to make 3 squares →
3. Share what you are grateful for in 1 word (Circle of sharing)
4. Context Setting for [Privilege Walk](#)
5. [Privilege Walk Activity](#)
6. [Privilege Walk Reflections](#)
7. [Gratitude Questions](#) - 1 chit for everyone. Circle of Sharing
8. Gratitude Letter (10 mins) → Give one sheet and pen to each person and ask them to share a gratitude note to anyone they would like. Can also be to themselves, nature, etc. This note is for them, not to be handed to us or to be read out.
9. Closing (+ [song](#))





## Privilege Walk Activity Questions (English and Hindi)

### English

1. If you grew up in a city, take a step forward.
2. If you struggle / have struggled with learning, then take a step back.
3. If you have completed your 12th std, take a step forward.
4. If any of your parents have completed college, take a step forward.
5. If there are many conflicts that have happened or continue to happen at home, take a step back.
6. If your family owns a car, take a step forward.
7. If you have ever sat in a flight, take a step forward.
8. If you have a house of your own, take a step forward.
9. If you have been bullied or mocked because of something that is out of your control, take a step back.
10. If you ever had to stay hungry because you didn't have enough money, take a step back.
11. If ever you had to earn money to pay for your education, please take a step back.
12. If you could not take part in something, just because of your gender, caste, religion, background, etc. please take a step back.
13. If there has ever been an issue of addiction at your home, please take a step back.
14. If both your parents raised you together, please take a step forward.
15. If you are proud of your academic performance, take a step forward.



16. If you have completed college, take a step forward.
17. If you are the first person in your home to have completed college, take a step back.
18. If you have health insurance, take a step forward.
19. If everyone at your home is healthy, take a step forward.
20. If you don't have to worry about drinking water, food, electricity, etc. take a step forward.

### Hindi

1. Agar aap ka bachpan Sheher mein guzra ho toh ek step aage badhe.
2. Agar aap ko padhai karne mein bahuat dikat aati thi, toh ek step peeche lijiye.
3. Aap ne agar 12th std complete kiya hai toh ek step aage badhe.
4. Agar aap ke parents mein se kisi ne bhi college complete kiya hai, toh ek step aage badhe.
5. Aap ke ghar mein agar conflicts bahut the ya abhi hai, toh ek step peeche lijiye.
6. Agar aap ke parivaar ke pass apni gaadi hai toh ek step aage badhe.
7. Agar aap ne kabhi flight mein travel kiya hai toh ek step aage badhe.
8. Agar aap ke pass aap ka khud ka ghar hai toh ek step aage badhe.
9. Agar aap ka kabhi mazak udaya gaya hai ya aap ko sataya hai, kuch aisi cheez ke liye jo aap ke control mein nahi hai, toh ek step peeche lijiye.
10. Agar aap ko kabhi bhuka rehna pada, kyuki aap ke pass paise nahi the, toh ek step peeche lijiye.
11. Agar aap ko khud se paise kamana pada, padhai pura karne ke liye toh ek step peeche lijiye.



12. Agar aap ko aap ke gender, caste, background, etc. ke wajah se kabhi kisi cheez mein bhag lene mein takleef hui, toh ek step peeche lijiye.
13. Agar aap ke ghar mein nashe ka kabhi bhi problem tha, toh ek step peeche lijiye.
14. Agar aap ke bachpan mein, aap ke dono parents ne aap ko saath mein bada kiya hai, toh ek step aage badhe.
15. Agar aap ko apne academic performance pe naaz hai, toh ek step aage badhe.
16. Agar aap college gaye ho toh ek step aage badhe.
17. Agar aap apne ghar mein pehle insaan ho jinhone college complete kiya hai, toh ek step peeche lijiye.
18. Agar aap ke pass health insurance hai, toh ek step aage badhe.
19. Aap ke parivaar mein, sab ki sehat thik hai, toh ek step aage badhe.
20. Agar aap ko peene ki liye paani, khana, bijli, etc. aise cheezo ke liye kuch problem nahi hoti hai, toh ek step aage badhe.



## Privilege Walk Reflection Questions

1. What did you feel like when you saw where you were standing?
2. What were some factors that you never thought of before?
3. Which sentence made you think the most?
4. How does the realization of your privileges change how you see others, including children?
5. What is your takeaway from this activity?



## Gratitude Questions → Chits

1. Who is someone that really listens when you talk, and how does that affect you?
2. What's a stressor you're grateful to have put behind you this year?
3. How many of your basic needs do you not have to worry about meeting today?
4. What's the best thing about your home, and have you taken the time to enjoy it recently?
5. What's something enjoyable you get to experience every day that you've come to take for granted?
6. What about today has been better than yesterday?
7. What's an aspect of your physical health that you feel grateful for?
8. What's an aspect of your personality that you're grateful for?
9. What relationships are you grateful for?
10. What's an aspect of how you were parented for which you feel grateful?
11. What life experiences (good or bad) have I had that I'm grateful for?
12. What material possessions am I thankful for?
13. What about my surroundings (home/neighborhood/city, etc.) am I thankful for?
14. What made me laugh or smile recently?
15. How am I fortunate?
16. Who do I appreciate? Why?
17. What happened today/this week/this month/this year for which I'm grateful?
18. What's an opportunity I have that I'm thankful for?
19. What in nature inspires me and why?



20. What have others in my life done for me for which I'm thankful for?

21. What is different today than it was a year ago that I'm grateful for?

22. What insights and discoveries personally have I gained that I'm thankful for?

23. What's one thing I enjoyed about my job recently?

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**Love Joy Peace**