



Vivekanand School

F-Block, Preet Vihar, Delhi - 110092

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Nurturing Gratitude – Launch of the "Gratitude Journal" Initiative (Classes II–V)

Dear Parent

Namaste!

At Vivekanand School, we believe that education is not only about academic excellence but also about nurturing values that help children become happy, compassionate and emotionally resilient individuals.

With this vision, we are delighted to introduce the "Gratitude Journal" for students of Classes II to V. Beginning from 1st August, every child will spend a few quiet minutes during the Enrichment Period each morning reflecting and writing in their Gratitude Journal.

Each day, students will:

- Write five things they are grateful for, helping them appreciate the people, experiences and blessings in their lives.
- Write one good deed or positive action they will consciously practise during the day, encouraging kindness, responsibility and mindful behaviour.

This simple yet meaningful exercise is designed to cultivate:

- A positive and optimistic mindset
- Emotional well-being and resilience
- Mindfulness and self-awareness
- Empathy, kindness and respect for others
- A habit of appreciating life's little blessings

Research has consistently shown that practising gratitude enhances happiness, improves focus, reduces stress and strengthens relationships. By making gratitude a daily habit, we hope to empower our children with a lifelong skill that will contribute to both their personal and academic growth.

How You Can Support This Initiative -

Your encouragement will play a vital role in making this programme successful. We request you to:

- Have a brief conversation with your child each day about what they wrote in the journal.
- Appreciate their thoughts without judging or correcting them.
- Encourage them to carry out the "One Good Thing I Will Do Today" that they have written.
- Model gratitude at home by expressing appreciation for everyday blessings and acts of kindness.
- Ensure that your ward brings it to school everyday.

Together, let us inspire our children to discover joy in simple moments, value the goodness around them and grow into thoughtful, grateful and compassionate individuals.

We look forward to your wholehearted support in making this meaningful initiative a cherished part of your child's daily routine.

"A grateful heart is a happy heart, and happy hearts build a brighter future."

Warm Regards

Sunita Rajaura
Principal (Officiating)