Strategy:
Gratitude is the act of noticing and appreciating all the good things in your life.  

Optional ideas:
1. Keep a journal and add three things a night to a Gratitude List. What are you thankful for? Look for small and big things that bring you peace and joy. You could also write an idea on a slip of paper and place it in a gratitude jar. Try writing three ideas a night for 28 days (enough to form a habit!). After 28 days of practice, pull out ideas each night as a reminder of special moments in your life.
2. Try a Gratitude Meditation from Headspace.
3. If your students write gratitude notes, join in :)  Who are you grateful for in your life? Write them a note of thanks—it can be short and sweet. Getting mail is a rush!
4. Come to the conference room to fill your mug with coffee, hot chocolate or tea. BYO-M (mug)! Enjoy the music and time together. Stay in the moment and drink slowly! I am grateful for each of you.

From Sarah Kellett, via Edutopia