

CREDEENCE HIGH SCHOOL

World's Biggest Gratitude Lesson (WBGL) : Growing With Gratitude

GRADES

6 – 8

Date

Thursday, 10 September 2026



● INTENT

The school participated in the World's Biggest Gratitude Lesson (WBGL) to provide students with an opportunity to explore gratitude, kindness, empathy and emotional wellbeing. The initiative aimed to encourage students to recognise and appreciate positive people, experiences and aspects of their lives. It also introduced gratitude as a simple wellbeing practice that can strengthen relationships, support resilience and promote a positive outlook, while contributing to a culture of wellbeing within the school community.

● EXPERIENCE

Students participated in a live, 30-minute global online lesson. The interactive session connected students with schools and young people from around the world through guided activities and reflections focused on gratitude, kindness and positive connections. The students used a gratitude passport to reflect on their experiences. The global forum created a sense of shared participation and provided students with an engaging opportunity to pause, reflect and practice wellbeing collectively.

● INSIGHT

The experience highlighted the value of creating opportunities for students to pause and recognise the positive aspects of their everyday lives. Students explored how gratitude can strengthen empathy, nurture supportive relationships and develop resilience when facing challenges. The session reinforced that small, consistent practices of appreciation can contribute to emotional wellbeing. It also demonstrated how shared wellbeing experiences can foster connection and create opportunities for students to engage with positive practices beyond the classroom.

