

EXPRESSING GRATITUDE THROUGH ART

Artistic creations embracing gratitude inspired by *Therapy* by Dan McCleary



Dan McCleary, *Therapy*, Oil on canvas, 2014

[\(Learn more here\)](#)

The practice of gratitude can have therapeutic and lasting positive effects in a person's life. Gratitude is an emotion through which we express appreciation for what we have. Studies show that we can deliberately cultivate gratitude and can increase our well-being and happiness by doing so.

Make a list of people, places, ideas, or things that you are grateful for. Be specific.

Allow this list to inspire you. You can:

Write a poem.

Make a sculpture.

Create a drawing using text.

Paint a picture.

Experiment. Collaborate with your family. Share your art with us!