



Appreciating The Little Things

‘There are many ways to find some happiness in life. The first way is to find joy and appreciation in the little things’.

"Sometimes, it's just the little things that make us happy." It's simple to become engrossed in the pursuit of significant accomplishments and material belongings in our fast-paced and busy environment. The simple things that are all around us every day are often overlooked for their beauty and importance. But developing an appreciation for the little things may be a profoundly life-changing experience that fills us with happiness, gratitude, and contentment.

Appreciation is a powerful word. It is about acknowledging the goodness in our life and being grateful for them. There are a lot of people who do things for us every day. We should always make a conscious effort to appreciate them. It can be offering a glass of water, greetings, or a simple thank you. Take a pause, look around, and notice all the good things, small joys taking place in our life, be it about people or places that make us happy and grateful. It also makes us feel positive emotions and improves our psychological health.

So, what are these simple and little things that genuinely make us happy and hearty? Happy things are all around us. Though it's different for everyone, but all of us do have little things in our lives that we must appreciate and feel blessed for. We all have so many blessings in our lives, which can be in any form. It's about spending time with our loved ones, having open conversations with them, cooking a meal, baking something, and calling someone who cares for us, as it can bring great joy to our daily routine. Enjoying our favourite food, reading a book, having a quiet moment to ourselves, sending a "thank you" note to our loved ones, and being thankful for our good health and for the people in our life by practising a gratitude journal or a gratitude jar. Showing gratitude is also one of the ways to appreciate others. Spend a few minutes of our day by writing down a list of things and people for whom we feel grateful. It's also about enjoying the beauty of nature by spending time in nature in the form of watching sunsets, fresh air, sky gazing, nature walking, bird watching, etc. It is about celebrating our small achievements as they boost our confidence levels and prepare us to target bigger goals in our life.

It's always good to acknowledge and appreciate the little things in our life as it creates a better bonding, and we don't have to wait for big things; we can always start with little things. It gives us a nice feeling when we appreciate others and are also appreciated. Be glad and grateful for the little things every day, and find moments of happiness!

In a world that often emphasizes grand achievements and possessions, it's essential to remember that life's true magic lies in the little things. Appreciating simple pleasures, practising gratitude, connecting with nature, and nurturing relationships can lead to deeper and more meaningful life experiences. By slowing down and savouring the present, we can find joy, contentment, and a profound sense of fulfilment in life's everyday wonders. Let us cultivate the art of appreciating the little things and uncover the extraordinary within the ordinary.

Emotions are an essential part of our lives, and learning how to express them effectively is a crucial skill for children to develop. As parents, we play a vital role in helping our kids navigate their emotions and communicate them in a healthy manner. By teaching them emotional intelligence and providing them with the necessary tools, we can empower our children to express their emotions effectively. This article will explore practical strategies and examples to help parents guide their children in expressing their emotions.

With best wishes,
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