



2021 SMP/SHIP National Conference
Virtual Meeting • Part Two—August 10-12, 2021

Social Activity: Gratitude Meditation and Reflection



Gratitude Discussion

- **Round 1:** Breakout groups (10 minutes)
 - What are you grateful for?
 - What are you looking forward to in the coming months?

There will be no assigned facilitator for these groups. If no one in your group wants to share, the group can use that time for silent reflection/meditation or return to the main room at any time.
- **Round 2:** Return to the main room to share and/or listen to what others have to share.