



Communication Savoring and Gratitude: Student Handout

Instructions: The following practice focuses on Communication Savoring as a contemplative practice in the classroom. We will watch a video on Communication Savoring together. Take notes if you need. At the end, you will be invited, but not required, to share your response.

Before watching the video:

1. What does the word “savoring” make you think about? What does it mean to you?

After watching the video:

2. The video provides three specific steps people can take to increase their communication savoring. How can you use these steps to integrate savoring in your daily life?
 - a. **STOP:** how can you pause and be more mindful of moments that you experience in your daily life?
 - b. **SAVOR:** what are some meaningful moments you experienced (or you will experience) that you want to savor and “hold on to”?
 - c. **SHARE:** how can you share these meaningful moments with other people and encourage them to engage in communication savoring as well?

