Chain of Gratitude

Gratitude is best when we share it with the world! This project will allow your class to share daily gratitudes every day for the entire unit (or even the entire year if desired!).

Caring Sub-Concept(s)
Compassion, Gratitude, Kindness

Project Timeframe
25-30 minutes

Required Materials
❏ Strips of construction paper
❏ markers
❏ glue or tape
❏ poster board
❏ stickers (optional)

Step 1:
Review the concept of gratitude. Explain that the entire class will be working towards an "Attitude of Gratitude" goal. Our goal is to highlight things others in class have done for us. Once we have reached _____ gratitude chains, we will have a party! (Other options for a reward could be homework passes, extra recess time, or dress down days.)

Step 2:
Demonstrate how to fill out each gratitude chain. Students will take one strip of paper, write their gratitude down, and then place it in a designated location (you can create a gratitude box if time allows, but a simple basket will also work well). The teacher will assemble them into chain links at the end of the day or week (your choice). The gratitude chain will then be hung up and allowed to circle the room.

Step 3:
Create a simple bar graph on the poster board to track how many gratitude chains you fill out each day or week. Hang your Gratitude Tracker in a prominent location so the entire class can view their progress daily.

Step 4:
Have a student either color in or use stickers to complete the bar graph daily or weekly (depending on the interval you decide). Make sure to have them write the actual number at the top of their bar for easy viewing. Review the results each day/week and calculate as a class how many more gratitude chains are needed to reach the class goal.

Step 5:
Celebrate when you reach your goal!