

Caring

This week we focus on gratitude, being thankful and appreciating what you have and those around you. The class will explore gratitude as it relates to their personal life, focusing on positivity and kindness as tools towards increasing caring and gratitude.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Simple Gratitude

The class will participate in a simple gratitude activity aimed at showing gratitude for someone else in the class for just being themselves.
(See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Gratitude Role Plays

How do you SHOW gratitude? Divide into small groups and create a simple skit to illustrate one example of how you have shown gratitude this week.

For Partners
15 minutes



Gratitude Session

With your partner, create a gratitude card for one adult in your school. Make sure your statement is personalized and shows pride in work so your gratitude truly shows through. Work out a time to deliver your card, either in person or anonymously.

For Individuals
15 minutes



Gratitude Comic Strip

Using the template below (or one found online like this one <https://www.storyboardthat.com/storyboard-creator>), create a comic strip that shows a time when you were able to express your gratitude towards someone in your home life. How were you able to show gratitude? If you haven't had the opportunity yet, let your comic reflect what you CAN do next time you have the opportunity to say thank you.

Technology-Focused
15 minutes



Technology for the Win!

As a large group, create a T-chart with one side listing the areas we are most grateful for within technology and the other side providing an explanation of HOW it helps you. Listing 3-5 gratitudes is the goal. Make sure your gratitude is agreed upon as a class!

Simple Gratitude

The class will participate in a simple gratitude activity aimed at showing gratitude for someone else in the class for just being themselves.

Lesson Timeframe

30 minutes

Required Materials

- Index Cards
- Pencils

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Explore how they currently demonstrate gratitude for what they have and those around them.
- Expand their ability to provide unsolicited gratitude.

Teacher Connection/Self-Care

Science shows that gratitude can improve our mental focus, reduce our stress, and improve our self-esteem and relationships with others. But having an “attitude of gratitude” can be easier said than done. This week, as you teach students about the benefits of gratitude, remember to engage in gratitude yourself. What is going well in your class right now? What is going well in your personal life? What are the small, mundane things that you usually take for granted that, in reality, would make a huge impact if they were gone? Be grateful for them. Put this into practice by writing down at least five things you are grateful for each morning before you begin your school day. Post these where you can reflect on them throughout the day and where students can see (if you are comfortable sharing your list). Having students see you practicing gratitude will make it easier for them to do it themselves.



Share

3-5 minutes

Gratitude is easy when someone does something obvious or huge that helps you out immensely. Think back on a time when you were very appreciative of something someone did for you that really helped you. (Allow several volunteers to share their answers.)



Inspire

4-6 minutes

Last week we explored the necessity to care for ourselves both mentally and physically and the consequences when we don't. This week our focus shifts to that of gratitude for others. For this unit, we will be basing our understanding off of the definition that gratitude is, “Being thankful for and appreciating what you have and those around you.” Often times we forget to show gratitude towards those around us for just being themselves and having a positive effect on you without even trying!

The big gestures are terrific and are much easier to identify and thank others for. However, as we continue to grow and mature in our ability to show

gratitude and kindness to others, we need to make a conscious effort to embed this concept into our everyday thinking.

Stop and think back to someone who positively affected you today just by being themselves. Maybe it was their kind greeting this morning, or the fact that they held the door open as you walked into class. Did you acknowledge this person? Did you make an effort to show them gratitude in some fashion? It's this type of intentional thinking that can really shift your outlook on life from one of "making it through each day" to one of positivity and gratitude. It all depends on what you are on the lookout for!

The choice is yours.



Empower

15 minutes

Explain that the class will now practice the act of intentional gratitude within our class. Each person in the class, including the teacher, will randomly choose one person in the class and write a statement of gratitude for them.

Guidelines:

- Have each person randomly select another person in the class using popsicle sticks with a name written on it (or another random option) so that everyone is selected and there are no duplicates or "favorites" selected.
- Provide each person with an index card. Write the person they chose on the blank side and the statement of gratitude on the lined side. At the bottom of the gratitude statement, they can sign their own name or keep it anonymous.
- Each statement must begin with the following sentence starter: "I am grateful for _____."
- Each statement of gratitude must be specific to the person chosen. Example: "I am grateful for all the times you share your pencils with me!" but not, "I am grateful for your coat!"
- Read each gratitude aloud as an exit ticket.



Reflect

5-7 minutes

Save the cards and pass them out for each recipient to keep. As a class discuss how it feels to receive gratitude for just being YOU. How can you continue this gratitude chain and spread kindness and gratitude to someone else after you leave class today?

Comic Strip Templates

