



## **Attitude of Gratitude**

Developing an attitude of gratitude means always looking for things to be thankful for in our daily lives. It's like wearing special glasses that help us see the good in everything! When we practice gratitude, we start to notice the nice things people do for us, the beautiful world around us, and even the small things that make us happy. Being grateful makes us feel happier and helps us to be kinder to others. It's like having a superpower that makes our lives brighter and more joyful! So, let's try to find something to be thankful for every day and share our gratitude with others.

### **September 3 Introduction to Gratitude**

#### **Objective:**

Youth will understand what gratitude is and identify things they are grateful for.

#### **What you will need:**

- Chart paper
- Markers
- Gratitude Journal (one per student) You can make these with binder paper and construction paper for the cover
- Crayons or colored pencils

#### **What you will do:**

1. Start with a discussion on what gratitude means. Explain that gratitude is feeling thankful for the good things in our lives.
2. Ask youth to share examples of things they are grateful for.
3. Gratitude Chart
  - a. On the chart paper, draw a big heart.
  - b. Have youth come up and write or draw one thing they are grateful for inside the heart.
  - c. Discuss the different things youth have shared and how these make them feel.



#### 4. Gratitude Journals

- a. Give each student a Gratitude Journal.
- b. Instruct youth to draw or write about one thing they are grateful for each day.
- c. Allow them to decorate the cover of their journals with crayons or colored pencils.

#### 5. Closing Discussion

- a. Review the heart chart and the concept of gratitude.
- b. Encourage youth to take their journals home and write or draw in them daily.

### Debriefing

- What does it mean to be grateful?
- How did it feel to think about things you are grateful for?
- Why do you think it's important to remember what we are grateful for?



## September 10 Practicing Gratitude Through Art

### Objective:

- Youth will express their gratitude through creating a gratitude tree.

### What you will need:

- Construction paper (various colors)
- Scissors
- Glue sticks
- Markers
- Large sheet of poster board or butcher paper

### What you will do:

1. Review the concept of gratitude.
2. Explain that today they will create a gratitude tree to show things they are thankful for.
3. Creating the Tree
  - a. On the large sheet of poster board, draw a large tree trunk with branches.
  - b. Distribute construction paper and have youth cut out leaf shapes
4. Gratitude Leaves
  - a. Ask each student to write or draw something they are grateful for on their leaf.
  - b. Once done, youth will glue their leaves onto the tree branches.
  - c. Display the finished gratitude tree in the classroom.
5. Closing Discussion
  - a. Reflect on the gratitude tree and how it represents the class's gratitude.
  - b. Encourage youth to share their leaves with their families.



## Debriefing

- How did you choose what to put on your gratitude leaf?
- How do you feel when you see all the things we are grateful for on the tree?
- How can we show gratitude in our daily lives?



## September 17 Exploring Gratitude Through Role-Playing

### Objective:

- Youth will understand how to express gratitude through role-playing different scenarios.

### What you will need:

- Scenario cards (index cards with different scenarios) Scenarios can be found at the end of this lesson plan.
- Props for role-playing (optional)

### What you will do:

1. Briefly review the concept of gratitude.
2. Explain that they will practice showing gratitude through role-playing different situations.
3. Explanation of Scenarios:
  - a. Hand out scenario cards to pairs or small groups of youth.
  - b. Examples of scenarios: receiving a gift, someone helping you, a friend sharing, etc.
4. Role-Playing:
  - a. Give youth time to prepare and practice their scenarios.
  - b. Have each group perform their scenario in front of the class.
  - c. After each performance, discuss how gratitude was shown and how it made people feel.
5. Closing Discussion
  - a. Talk about how we can show gratitude in our daily interactions.
  - b. Discuss other scenarios where they can practice gratitude.

### Debrief

- How did it feel to express gratitude in your scenario?



- Why is it important to show gratitude to others?
- Can you think of a time when someone showed you gratitude? How did it make you feel?



## September 24 Gratitude Outreach Project

### Objective:

- Youth will practice gratitude by creating thank-you cards for community helpers.

### What you will need:

- Blank cards or card stock
- Markers
- Stickers
- Envelopes
- List of community helpers (e.g., teachers, firefighters, police officers)

### What you will do:

1. Discuss the different people in the community who help us and why we should be grateful for them.
2. Making Thank-You Cards
  - a. Provide youth with blank cards and decorating materials.
  - b. Instruct youth to choose a community helper to make a thank-you card for.
  - c. Allow them to write a message and decorate the card.
3. Sharing and Preparing
  - a. Have youth share their cards with the class.
  - b. Collect the cards and prepare them to be delivered or mailed to the community helpers.
4. Closing Discussion
  - a. Reflect on the activity and how it made them feel to create something to show gratitude.
  - b. Discuss how they can continue to show gratitude to others in the future.



## Debrief

- Who did you choose to make a thank-you card for and why?
- How do you think your card will make that person feel?
- How can we continue to show gratitude to people in our community?





## **Suggested Scenarios for September 23**

### **Scenario 1: Receiving a Gift**

You are celebrating your birthday at school, and a friend gives you a handmade card and a small toy. Show how you express gratitude for their thoughtful gift.

#### **Discussion Questions:**

1. How did you feel when you received the gift?
2. What are some ways you can show your gratitude?
3. Why is it important to thank someone when they give you a gift?

### **Scenario 2: Helping a Friend**

During recess, you see a classmate who has fallen and hurt themselves. You help them up and take them to the teacher for assistance. The classmate thanks you for your help.

#### **Discussion Questions:**

1. How did you feel helping your classmate?
2. What could you say or do to show your gratitude if you were the one who fell?
3. How can helping others make our classroom a better place?

### **Scenario 3: Sharing Supplies**

You forgot to bring your colored pencils to art class. A friend shares their supplies with you. Show how you express your gratitude for their kindness.

#### **Discussion Questions:**

1. How did it feel to have someone share with you?
2. How can you show gratitude to your friend?
3. What can you do in the future if someone else forgets their supplies?



#### **Scenario 4: Thanking a Teacher**

Your teacher spent extra time helping you understand a difficult math problem. Show how you express gratitude to your teacher for their help.

##### **Discussion Questions:**

1. How did the extra help from your teacher make you feel?
2. What are some ways you can show gratitude to your teacher?
3. Why is it important to thank people who help us learn?

#### **Scenario 5: Appreciating Family**

At home, your parent or guardian makes your favorite dinner. Show how you express gratitude for their effort and thoughtfulness.

##### **Discussion Questions:**

1. How did you feel when you saw your favorite dinner?
2. What can you say or do to show your gratitude?
3. How does showing gratitude at home make your family feel?

#### **Scenario 6: Acknowledging Acts of Kindness**

A friend notices that you are feeling sad and spends time with you to cheer you up. Show how you express gratitude for their kindness.

##### **Discussion Questions:**

1. How did your friend's actions make you feel?
2. What are some ways you can show your gratitude to your friend?
3. How can being grateful help strengthen your friendships?



### **Scenario 7: Gratitude for Nature**

During a nature walk, you notice the beauty of the trees, flowers, and animals. Discuss and show how you express gratitude for the natural world.

#### **Discussion Questions:**

1. What did you see in nature that made you feel grateful?
2. How can you show gratitude for nature?
3. Why is it important to appreciate and take care of our environment?

### **Scenario 8: Thanking Community Helpers**

A firefighter visits your school to talk about fire safety. Show how you express gratitude for their time and the important work they do.

#### **Discussion Questions:**

1. How did you feel learning from the firefighter?
2. What can you say or do to show your gratitude?
3. Why is it important to thank community helpers for their service?