



Gratitude
5 lessons to teach
students to be
grateful
1 bonus lesson
on generosity

Lesson Plan--Generosity

ASCA National Standard: Behavior – Social Standard

- Demonstrate empathy
- Demonstrate ethical decision making and social responsibility
- Use effective collaboration and cooperation skills

Objectives: The student will be able to:

- Define the word generosity
- Give examples of individuals who portray this characteristic
- Identify ways that students can personally be generous

Essential Question: What is generosity? How can you be generous?

Lesson:

- Discuss: What does it mean to be generous? Give an example of a time that you have been generous to someone else. Give an example of a time that someone has been generous to you. Does generosity always involve money or things? What else can we be generous with? Why should we be generous?
- **Read Wyatt the Wonder Dog Learns about Giving by Lynne Watts or Pete the Cat Saves Christmas by Eric Litwin**
- Review examples of children who have been generous
- Grades 1-3: Have students write about a time they were generous or how they plan to be generous in the future. Draw a picture to go with their work.
- Grades 4-5
 - Write a letter to the main characters of the book. Tell them what you think about their generosity. Include how you plan to be generous in the future.
 - Research and report on a famous person who has lived a life of service. Some examples might include: Florence Nightingale, Bill Gates, Oprah Winfrey, Jane Goodall, Mother Teresa. Share your report with the class.

Books:

- ***Wyatt the Wonder Dog Learns about Giving*** by Lynne Watts
- **Pete the Cat Saves Christmas** by Eric Litwin

Lesson Plan--Grateful

ASCA National Standard: Domain – Personal/Social Standard

- Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others

Objectives: The student will be able to:

- Define the word grateful
- Identify 5 reasons to be grateful
- Identify ways that students can practice gratitude

Essential Question: What is gratitude? How can you be grateful?

Lesson:

- Discuss: What does it mean to be grateful? Give an example of a time that you were grateful. Why should we be grateful?
 - You pay attention to what is going well rather than what is going wrong
 - It trains your mind to notice to the small simple pleasures in life
 - You learn to put less value on material things and more on relationships
 - It creates a more positive attitude that you begin to share with others
 - Research shows it makes you happier
- Read Wyatt the Wonder Dog Learns about Giving by Lynne Watts or The Perfect Thanksgiving by Eileen Spinelli or The Thankful Book by Todd Parr or Bear Says Thanks by Karma Wilson

Activities:

- Create a gratitude wall
 - Use a bulletin board and have students write things they are grateful for on cards and post them on the wall
- Create a gratitude tree
 - Use an artificial table top tree and have students write things they are grateful for and hang them on the branches.

- Create a gratitude journal
 - Have students write something they are grateful for each day in their journal. You could have a theme for each day. For example, something in nature they are grateful for, something at school they are grateful for, a friend they are grateful for and why.

Books:

- Read Wyatt the Wonder Dog Learns about Giving by Lynne Watts
- The Perfect Thanksgiving by Eileen Spinelli
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- Bear Says Thanks by Karma Wilson

Lesson Plan--Grateful

ASCA National Standard: Domain – Personal/Social Standard

- Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others

Objectives: The student will be able to:

- Define the word grateful
- Identify positive physical effects of gratitude
- Identify positive emotional effects of gratitude
- Identify ways that students can practice gratitude

Essential Question: What is gratitude? How can you be grateful?

Lesson:

- Discuss: What does it mean to be grateful? Give an example of a time that you were grateful. What are the positive physical effects of gratitude?
 - It reduces stress and calms you down
 - It improves heart health by lowering blood pressure
 - It helps you stay healthy and take better care of your body through exercise
 - It is linked to optimism which improves the immune system
- Discuss the positive emotional benefits of gratitude:
 - Reduces negative emotions like envy and jealousy
 - Helps overcome hard times
 - Helps you feel better about yourself
 - Helps you care more about others
- Read Wyatt the Wonder Dog Learns about Giving by Lynne Watts or The Perfect Thanksgiving by Eileen Spinelli or The Thankful Book by Todd Parr or Bear Says Thanks by Karma Wilson

Activity:

- Have a gratitude scavenger hunt
 - Find one thing you like to touch
 - Find one thing you like to share
 - Find one thing you like to look at
 - Find one person you are thankful for
 - Find one thing you like to do
 - Find one thing you are thankful for in nature
 - Find one thing that is your favorite color
 - Find one thing you like to listen to
 - Find one game you like to play
 - Find one thing at school that you are thankful for

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Objectives: The student will be able to:

- Define the word grateful
- Identify ways that students can practice gratitude

Essential Question: What is gratitude? How can you be grateful?

Lesson:

- Discuss: What does it mean to be grateful? Give an example of a time that you grateful. Why should we be grateful?
 - You are healthier
 - You are more connected to the community
 - You have better relationships
 - You make better grades
 - You experience more joy and happiness
- Read Wyatt the Wonder Dog Learns about Giving by Lynne Watts or The Perfect Thanksgiving by Eileen Spinelli or The Thankful Book by Todd Parr

Activities:

- Create a gratitude mandala
 - Have students design a mandala and color it. Write things they are grateful for in the mandala design
- Create a gratitude jar or bag
 - Provide a jar or paper bag for each child. Have them write something they are grateful for daily and drop it in the bag

- Create a gratitude class book or a perfect Thanksgiving class book
 - Have students create a page for a class book of something they are grateful for or a description of their Thanksgiving holiday. Bind the book together with a cover. Read the book to the class.

Books:

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- Define the word grateful
- Identify ways that students can practice gratitude

Essential Question: What is gratitude? How can you be grateful?

Lesson:

- Discuss: What does it mean to be grateful? Give an example of a time that you grateful. Discuss compliments as one way to share positive thoughts and appreciate others. Give examples of compliments and how they can be used effectively to encourage and support others. When are good times to give a compliment?
- [Read Wyatt the Wonder Dog Learns about Giving](#) by Lynne Watts or [The Perfect Thanksgiving](#) by Eileen Spinelli or [The Thankful Book](#) by Todd Parr

Activities:

- Play the compliment game
 - Have one student sit in a chair at the front of the room. Other students can think of a compliment to give the student. Compliments should start with: I like the way you.... Talk about compliments that are most helpful as being compliments that share behaviors or attitudes. For example, instead of saying, “I like your hair”, say, “I like the way you shared your crayons with me.”
- Play the gratitude game
 - Each child gets a handful of M & M’s or other colorful treat. Partner with another child and share things they are grateful for based on the color of M & Ms. Create a master sheet of instructions:
 - For each red M & M: Share one thing that happened today that you are grateful for
 - For each green M & M: Share one thing in nature that you are grateful for

- For each brown M & M: Share one thing about your friend that you are grateful for
- For each yellow M & M: Share one thing about your family that you are grateful for
- For each orange M & M: Share one thing about your school that you are grateful for
- For each blue M & M: Share anything that you are grateful for

Books:

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- Define the word grateful
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Essential Question: What is gratitude? How can you be grateful?

Lesson:

- Discuss: What does it mean to be grateful? Give an example of a time that you grateful. Discuss why it is important to let others know when we are grateful for them. Discuss things we are grateful for in others; friendship, kindness, helpfulness etc.
- [Read Wyatt the Wonder Dog Learns about Giving](#) by Lynne Watts or [The Perfect Thanksgiving](#) by Eileen Spinelli or [The Thankful Book](#) by Todd Parr

Activities:

- Write a letter someone and tell them what you are grateful for in them. I appreciate the way you....
- Create gratitude slips that children can share. Challenge students to give away several gratitude slips every day. To create slips: give children colorful slips of paper and have them write on them things they are grateful for in others:
 - Thank you for helping me
 - Thank you for being such a good friend
 - Thank you for sharing with me
 - Thank you for making me smile
 - Thank you for being extra kind
 - Thank you for listening to me
 - Thank you for playing with me

Books:

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