



HEART-MIND
QUALITIES:



Secure and Calm



Compassionate and Kind

AGE: Middle Years



LEARNING OUTCOMES

- Students will think critically, make meaningful, personal connections and engage with others to share and develop ideas about gratitude.



MATERIALS REQUIRED

- Video: Gratitude HD, Moving ART <http://youtu.be/nj2ofrX7jAk>
- “The Thankful Book” by Todd Parr (or alternate)
- A selection of photographs, calendar images, or Visual Talking Cards
- “A is for Awesome” by Dallas Clayton (or alternate)



TEACHING AND LEARNING ACTIVITIES

1. ACTIVATE THINKING: Co-create and jot down student responses to the questions: What is gratitude? What does it mean to be grateful?

(According to the world’s leading gratitude researcher Robert Emmons, gratitude is an “affirmation of goodness where we affirm that there are good things in the world.”)

2. Give each student a post-it note to jot down one thing they notice, one thing they think or one thing they wonder while watching the video. Watch video. After the video, invite students to post their thinking on a chart with three columns: Notice/Think/Wonder.
3. In pairs, use the following guiding questions for dialogue: What did you notice? What did you think? What did you wonder? How did the video make you feel? What did you connect with in the short video?
4. Introduce the book “The Thankful Book” by Todd Parr. (Replace or add in other gratitude related books that are age-appropriate for students.)
 - Share the image of the front cover with learners, along with the title. Have learners predict what the contents of the book might include.
 - Read the book.
5. After the story, have pairs discuss what they noticed, what they connected with and what they are thankful for.

*Adapted From | Doug David
School District 71 (Comox Valley)*



6. Introduce the task of finding gratitude in photographs, calendar images, or Visual Talking Cards. Display a variety of images (e.g. spread them out on the floor) and have students choose a photograph to identify, unpack and talk about. “This make me think of...” “I am grateful for...”
 - Invite learners to self-select a photo card that they connect to or that reminds them something they are grateful for in some way.
 - Allow time for quiet thinking, then Partner Turn and Listen to communicate the gratitude connection with the image.
 - Switch and connect with 3 different people.
 - As a whole class, invite learners to share what they heard from their classmates about gratitude.
7. Read the book “A is for Awesome” by Dallas Clayton. (Replace or add in other gratitude related books that are age-appropriate for students.)
8. ABC Brainstorm: What am I grateful for? Invite learners to use the ABC brainstorm template to generate a list of things they are grateful “A is for awesome adventures outside...”
9. Closure: What is gratitude? What does it mean to be grateful? Share and discuss the phrase “ We find what we look for...”
10. Exit task: Be grateful for what you have. Notice what’s working/what’s right in the world.

FOLLOW-UP ACTIVITIES

- Students create their own gratitude jar and fill it with sentence strips describing what they are grateful for. In future classes, students add more slips or draw a gratitude strip from their jar as a gratitude reminder.