Gratitude

This month we are focusing on Gratitude. Although this is technically a sub-concept of Caring, we chose to dedicate an entire month on it given our current needs as a community. The activities below will allow you to infuse your classroom daily if desired. All of these activities are specifically designed to work in a distance learning environment.

Mini Lessons

Whole Class Lesson
30 minutes

START HERE

Gratitude Top 10
Create a Top 10 list of ways to show gratitude in creative ways without physical contact. A few examples would be- writing an old-fashioned letter, sending an email, driving by with a sign that says thank you, creating a video of thanks, etc. This will serve as a list for each student (and teacher) to access throughout the year!

For Small Groups
15 minutes

Gratitude Examination
Take time to examine your home life- what behaviors of others are you grateful for? How do you show your gratitude to those you live with, even for the basics or essentials? We often take things for granted and come to 'expect' certain behaviors, especially from the adults in our lives. However, they need to receive gratitude just as much as kids!

For Partners
15 minutes

Look at me!
Partner up and take a look at each other's lives. Name 3-5 things you have in common and are both grateful for. Once you create your list, identify new ways to show your gratitude for those things. Try to be creative and list ideas that do not involve physical contact.

For Individuals
15 minutes

Gratitude Journal
What are you MOST grateful in life right now? It can be anything- an object, an experience, a location, a person. Using this question write or draw an answer in your writing notebook/journal. Make sure you include 2-3 ways to express your gratitude. If it is an object/location etc. think back to the person or persons that made it possible. How do you show them gratitude? If you use the object frequently, have you shared this with them? Be prepared to share your drawing/writing with the rest of the class in some fashion.

Technology-Focused
15 minutes

Gratitude Word Cloud
Using www.wordclouds.com or another word cloud generator, create a gratitude themed word cloud. Save it and share it with the class or use it as your background during your next live session!