

Caring Day 3 • Personal Connection

RAK Definition: Caring is feeling and showing concern for others.

In this lesson students will explore gratitude as a means to both increase happiness and their capacity to care.

Weekly Objectives

Students will:

- Create a personalized definition of caring both on an individual and interpersonal level.
- Examine their community through a lens of caring.

Resources / Materials

- VIDEO:** [An Experiment in Gratitude](#) (6:39)

Reflect / Assess

Deliverables:

- Daily Participation points
- Caring Journal Entry:** What are some things you can do each day to be more grateful?

Share

Discussion Starters:

- A big part of caring is *gratitude*. What does gratitude mean?
- What are some things you are grateful for?
- What are some things you take for granted that others who are less fortunate would be grateful for?



Inspire

Do:

- On a scale of 1-10 (10 being highest), rate your level of happiness right now.
- Next, think about one person you are grateful for.
- Write a short letter to that person, thanking them for whatever makes you feel grateful or what you like/appreciate about them. *Give students 5-10 minutes to do this.*



Empower

Watch: [An Experiment in Gratitude](#)

Do:

- If they are comfortable, have students complete the experiment outlined in the video by calling the person they wrote about and reading their letter (follow the cell phone policy of the school).
- If they are not comfortable or cannot make a call, have students give/mail their letter to the person they wrote about.
- Ask students to rate their happiness after they share this letter with their target audience.

