

Toss in Gratitude

KINDNESS BEYOND THE CLASSROOM™
WHOLE GROUP • OPTION 3 • CARING

Lesson Timeframe

15-20 mins

Materials

- ❑ Beach Ball (or other light ball to toss)
- ❑ Caring poster (optional)



Share

Discuss that caring for others is something we can practice each and every day. When others care for us, we can use GRATITUDE to thank them. The feeling we have when someone cares for us is called GRATITUDE. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR OTHERS. (Show the Caring poster if desired.)

Brainstorm different ways you have cared for others.

- How do you care for people in your home?
- How do you care for people in your class or here in our program?

Make sure to include answers from a variety of age groups.



Inspire

We are cared for in one way or another each and every day, but we might not realize it. How we thank others for the kind ways in which they help us is how we show gratitude. It is very important to thank others for their caring words and actions. There are many, many ways to show gratitude.

Explain that today we will identify different ways to show gratitude to those who care for us. Remember, you can show gratitude through both actions and words. Start thinking about different ways to show your gratitude to others when they care for you. How can you go beyond the required, “thank you”?



Empower

We can also show our gratitude by giving a ‘shout-out’ to the people who care for us and treat us with kindness. It feels good to tell people that you are grateful for them. So, let’s do that now! As a large group, form a giant circle in your room. Starting with an adult, toss the beach ball to someone in the room. As you toss the ball, finish the following prompt: **“I am grateful for _____ (insert name here) because...”** As each person catches the ball, they must finish the prompt and toss it to someone who has not had a chance to answer.

Repeat until every student has had a chance to participate.



Reflect

Guide a whole group conversation around CARING and GRATITUDE.

- How do others care for us?
- What is GRATITUDE?
- How can we show gratitude for others that help us throughout your day?
- What might happen if we never show gratitude to those we live with? How might they feel?

