

Gratitude



Relationships, Module 4




● ● ● **What is happening in this picture?**




AGENDA




1. Students will independently answer the brainstorm prompt: Does showing gratitude to others actually make you happier and healthier?



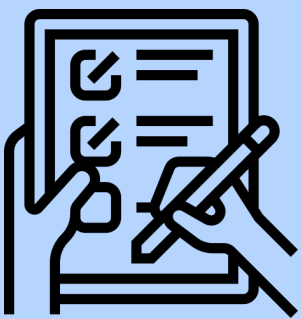
2. Discussion on Harvard research on the relationship between gratitude and positive health results.



3. Individual activity to list 3 things you are grateful for and creating a card or letter to the person that made you feel grateful.



4. Reflect: How did it make you feel to show gratitude? How did it make the recipient feel? Do you think you'll continue to make showing gratitude a daily practice? Why or why not?



BRAINSTORM



Do you think this is true?

- Showing gratitude to others can actually make you happier.
- Showing gratitude positively impacts the health and wellness of both the giver and receiver of gratitude.
- Showing gratitude improves your mental health immediately after doing it.
- Practicing gratitude can help you do better in school.



DISCUSS



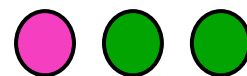
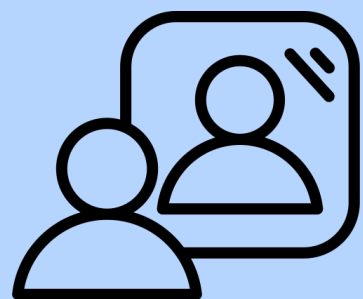
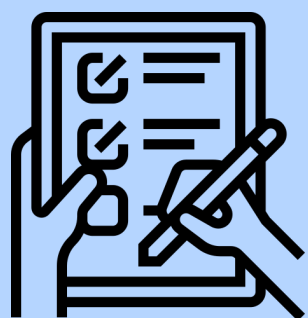
What examples do you have of demonstrating gratitude recently?



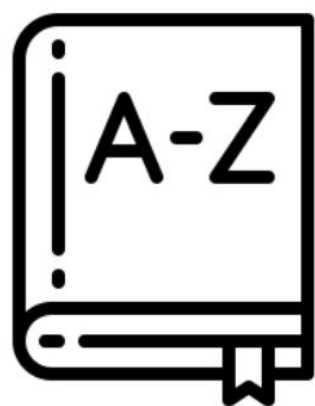
Pro Tip



It's true! Researchers at Harvard found that people who show gratitude are not just happier, they're also healthier, too! Showing gratitude can also help you to have better relationships with others and be more resilient. And those benefits are for the people who receive the gratitude and those who give it.

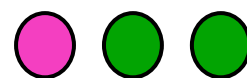
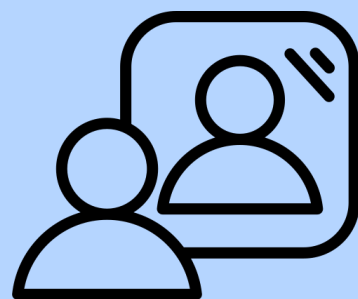


DIVE IN



Gratitude

When we show our thanks and appreciation for something.



ACTIVITY



Using the three things we feel thankful for, brainstorm how we can show our appreciation.

Using the materials provided, make handmade cards or letters to show your appreciations.

emozi High School

Worksheet

Name: _____ Date: _____

Gratitude

List three things that you feel grateful for:

1. _____

2. _____

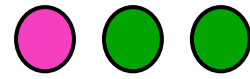
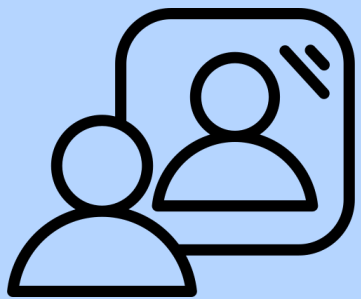
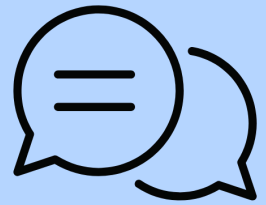
3. _____

Brainstorm ways that you can show your appreciation for the three things you listed:

→ Pick one and do it!

Reflect. Once you've had a chance to practice showing gratitude, respond to the following prompts: How did it make you feel to show gratitude? How did it make the recipient feel? Do you think you'll continue to make showing gratitude a daily practice? Why or why not?

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REFLECT



- How did it make you feel to show gratitude?
- How did it make the recipient feel?
- Do you think you'll continue to make showing gratitude a daily practice? Why or why not?
- Share class results from the Independent reflection.



Extend & Enrich

Challenge your students to cultivate a gratitude attitude by practicing gratitude daily (or at least once per week). Some ways to do this include: Being mindful of the positive things in our lives, keeping a gratitude journal, creating a gratitude wall in the classroom, and writing thank you notes.



Home Connection



Home Connection

Gratitude

Dear _____,

Today in class, we learned that **gratitude** is when we show thanks and appreciation for something.

Please encourage your student to share the activity with family members and identify someone in their family or the community to whom they can express gratitude.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on what you are grateful for. How do you demonstrate gratitude for the things you appreciate?





Further Study

- Social Emotional Us Podcast, *Cultivating Gratitude* (26 mins):
<https://podcasts.apple.com/us/podcast/cultivating-gratitude/id1583845892?i=10005398>
- Emmons, Robert A. *The Little Book of Gratitude*. Octopus Books, 2016.
- Nathan, Brenda. *The One-Minute Gratitude Journal for Teen*. BrBB House Press, 2020.
- TeensHealth, *Gratitude for Teens*:
<https://kidshealth.org/en/teens/gratitude.html>





Lesson Complete!

