

Gratitude

Relationships, Module 4



Home Connection



What is happening in the image below?



AGENDA



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



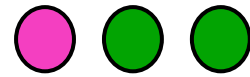
2. Discussion on Harvard research on the relationship between gratitude and positive health results.



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?

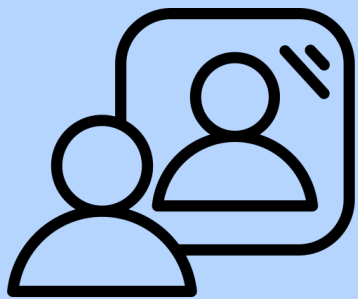
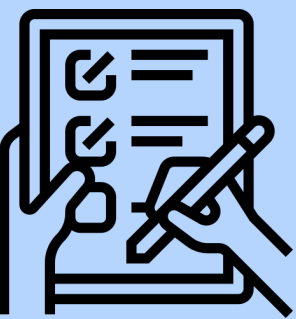
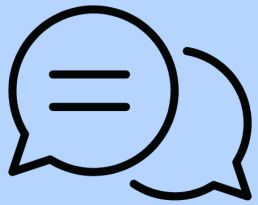


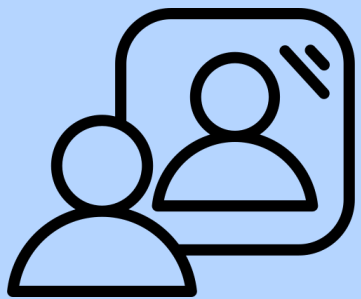
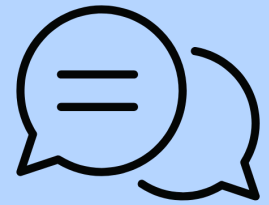
BRAINSTORM



Many people only show gratitude at certain times of the year, such as Thanksgiving, but showing gratitude is a practice that you can integrate into your daily routine.

Brainstorm examples/benefits of demonstrating gratitude.





DISCUSS



Do you think showing gratitude to others can actually make you happier and healthier?



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



Ways to Show Gratitude: We can show gratitude for big things, such as someone being there for us when we really needed them. We can show gratitude for little things, such as someone holding the door open for us. We can express gratitude for things that are tangible, such as a gift, or things that are intangible, such as friendship. To receive the benefits of gratitude, you must make sure that your motivation and effort are sincere. It is also important to show your gratitude immediately or if not possible, in a timely manner.

Gratitude

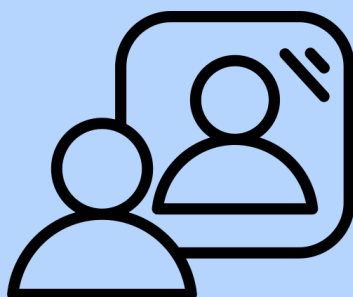
When we show our thanks and appreciation for something.



ACTIVITY




In a group or individually, complete the worksheet.



Guiding Questions

1. Think of 3 things you are grateful for.
2. Brainstorm ways that you can show your appreciation for the three things you listed.

 **High School**

Worksheet

Name: _____ Date: _____

Gratitude

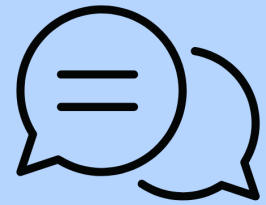
List three things that you feel grateful for:
1. _____
2. _____
3. _____

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.

Home Connection



Home Connection

Gratitude

Dear _____,

I'm excited to share that your student has been learning about the importance of showing gratitude in class. Harvard research has shown that expressing gratitude makes people happier, healthier, and more resilient. It can also improve relationships for both the person giving and receiving gratitude.

We discussed how gratitude is a daily practice that can be integrated into our lives, such as saying "thank you," writing a note, drawing a picture, or helping someone with a task. The key is to be sincere and express gratitude promptly.

Please discuss this question with your student: Can you share recent examples of how you have shown gratitude? How did it make you and the other person feel? This will help reinforce the lesson and encourage your student to continue practicing gratitude daily.

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!



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