

# 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.



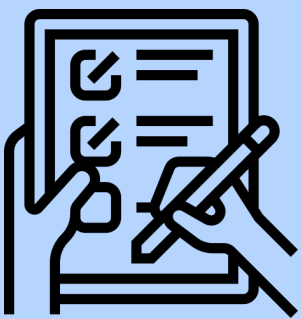
3. Individual activity to list 3 things you are grateful for and creating a card or letter to the person that made you feel grateful.



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?



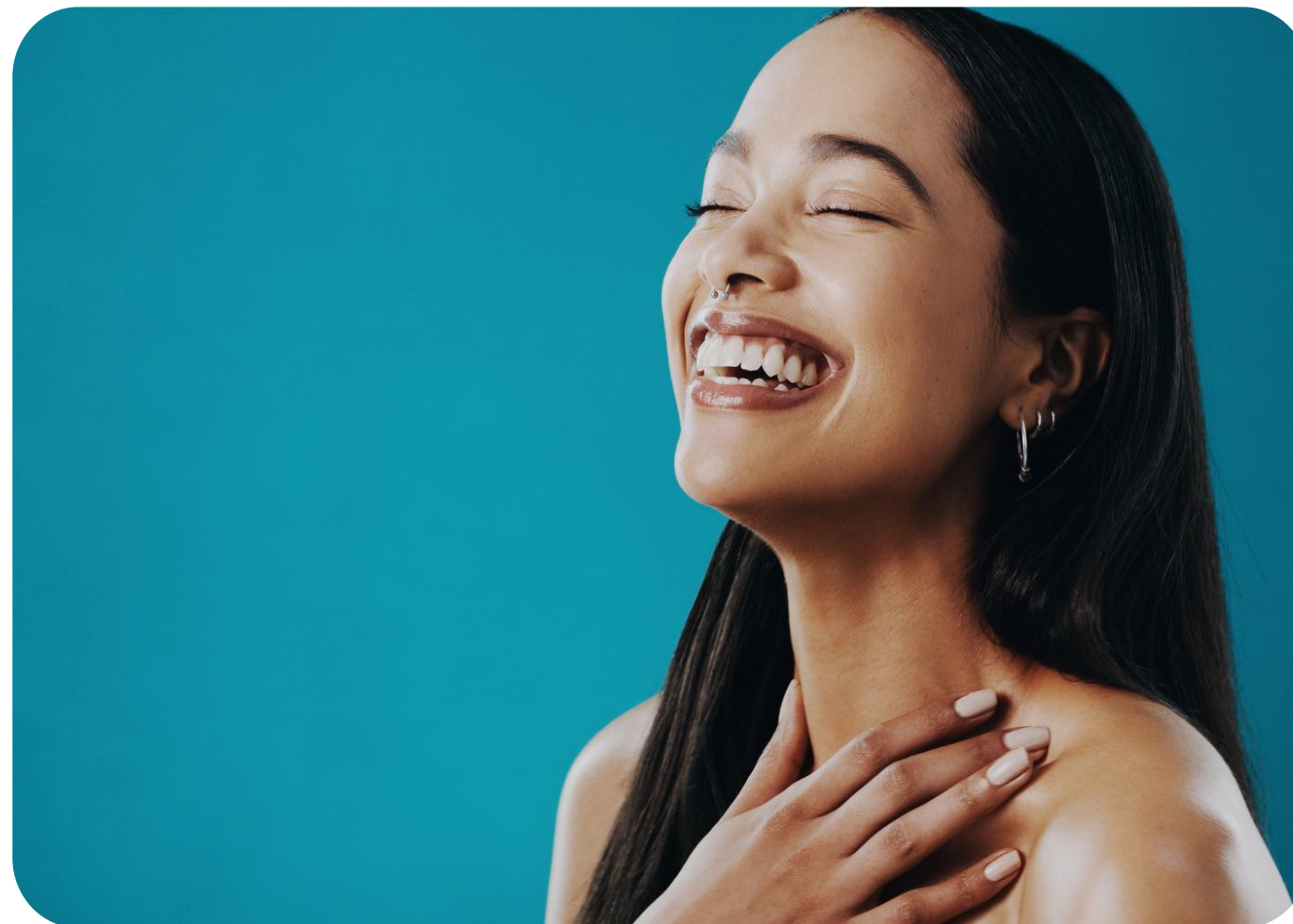


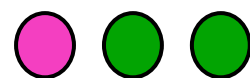
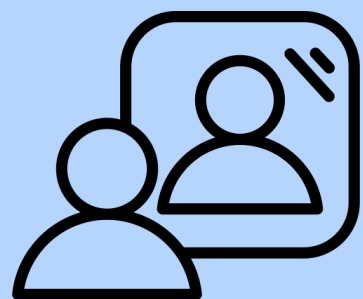
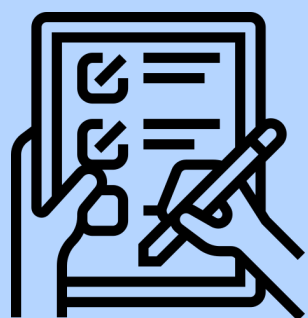
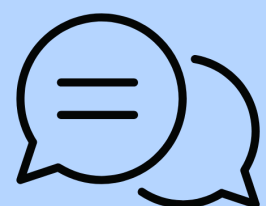


# BRAINSTORM



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

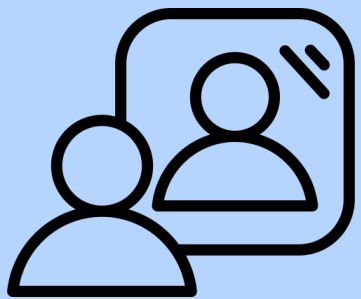
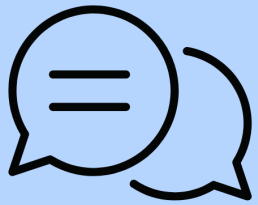


*Do you think showing gratitude to others can actually make you happier and healthier?*

## 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

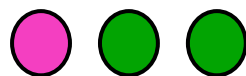
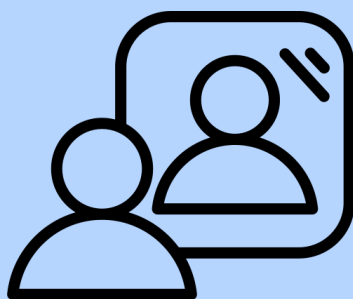


## Gratitude

When we show our thanks and appreciation for something.

### 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.



# ACTIVITY



Individually or in pairs, complete the worksheet.



High School

Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Gratitude

List three things that you feel grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

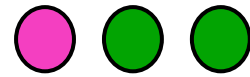
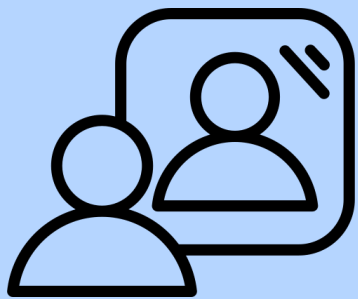
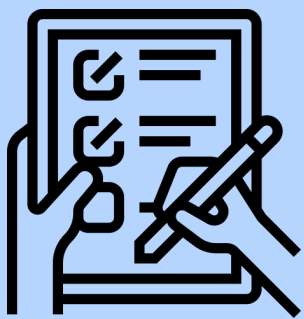
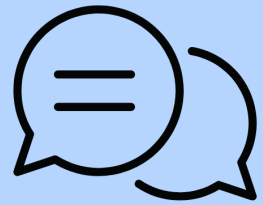
Brainstorm ways that you can show your appreciation for the three things you listed:

→ 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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85



# 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 wanted to share with you what your student has been learning about the power of gratitude. Researchers at Harvard have found that people who show gratitude are not only happier but also healthier. Expressing gratitude can improve relationships and build resilience, benefiting both the giver and the receiver. Our lesson focused on integrating gratitude into daily life rather than reserving it for special occasions.

We discussed what gratitude means and how we can show appreciation for both big and small things, whether tangible, like a gift, or intangible, like friendship. Students shared recent examples of how they've demonstrated gratitude, emphasizing the importance of sincerity and immediacy in expressing thanks. We explored various ways to show gratitude, from saying "thank you" to writing notes or doing something nice for others.

To continue this conversation at home, please ask your student: "What are three things you feel thankful for, and how can you show your appreciation for them?" This can be a great opportunity to discuss the importance of gratitude and brainstorm ways to integrate it into daily life.

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!**

