

VALUE Anubhuti GRADE - 6



Gratitude Prayer

01

Visit to nearby blind school or special education centre

Objective:

Organize a visit to a local blind school or special education center.

Activity:

Interact with the individuals there, observing the unique challenges they face on a daily basis. Spend quality time talking to them, asking about their favorite activities, hobbies, or dreams. whether it's through resilience, creativity, or support from others.

Example:

"What do you like to do for fun?"

"Do you have a hobby or something you enjoy learning about?"

02

Group Discussion on Learning and Gratitude

Objective:

After the visit and experiencing a day with limitations, gather with the group to discuss

Activity:

- What did you learn from visiting the school or center?
- How did living with limitations change your view of your abilities?
- What new thoughts or insights do you have about gratitude?
- How can you cultivate more gratitude in your own life after observing their strength and positivity?

03

Choose a day to live with limitations. You can

Objective:

Reflect on how these limitations make you feel and the challenges they present.

Activity:

1. Wear a blindfold for part of the day. 2. Use only one hand or one leg to complete tasks. Discuss what you learned and how it affected your perspective on gratitude with our group.

Example:

1. Try walking around your house or school while wearing the blindfold.
2. Attempt simple tasks like eating, writing, or using your phone.

04

Write Gratitude Prayer

Objective:

gratitude prayer

Activity:

Write a gratitude prayer thanking God for the gifts you have. Encourage everyone to contribute their thoughts. Say this prayer with others, whether in your classroom, at home, or during your visit to the center

Example:

Dear God,
We thank You for the many blessings You have given us. We are grateful for the gift of life, love, and the ability to learn and grow each day."

CAPTURE IMAGES, VIDEOS OF ALL THE STAGES AND COMPILE AND SHARE AS PROJECT REPORT WITH LINKS OF IMAGES AND VIDEOS IN SCHOOL DASHBOARD WITH HELP OF YOUR TEACHER



Annexure

4. Gratitude Prayer (Group)

Introduction:

In this project, you will engage in a meaningful experience to deepen your appreciation for the gifts you have in life. By visiting a blind school, a special education centre, or meeting individuals with physical limitations, you will gain insight into their lives and challenges. To further enhance this experience, you will also spend a day living blindfolded or using only one hand or one leg. This will help you understand the importance of gratitude. Finally, as a group, you will create and share a collective gratitude prayer to thank God for the abilities and opportunities you have.

Instructions:

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, Gratitude prayers provide students with a moment of calm and mindfulness, allowing them to focus on the good rather than the stress or negativity they may be experiencing.

Worksheet 4 : Gratitude Prayer

Project : Group

Student : _____

Standard : _____

Date : _____

Step 1 : Visit to nearby blind school or special education centre :

Organize a visit to a local blind school or special education center. Interact with the individuals there, observing the unique challenges they face on a daily basis. Pay attention to how they cope with their limitations, whether it's through resilience, creativity, or support from others. Spend quality time talking to them, asking about their favorite activities, hobbies, or dreams. Offer to read a book to those who may be visually impaired, or play a game with children to brighten their day.

This visit not only helps you understand the challenges others face but also allows you to make a positive difference, even in small, meaningful ways.

Group Discussion on Learning and Gratitude:

- After the visit and experiencing a day with limitations, gather with the group to discuss:
 - What did you learn from visiting the school or center?
 - How did living with limitations change your view of your abilities?
 - What new thoughts or insights do you have about gratitude?
 - How can you cultivate more gratitude in your own life after observing their strength and positivity?

Step 2 : Choose a day to live with limitations. You can:

- Wear a blindfold for part of the day.
- Use only one hand or one leg to complete tasks.

Reflect on how these limitations make you feel and the challenges they present.

Discuss what you learned and how it affected your perspective on gratitude with our group.

Step 3 : Write Gratitude Prayer

1. Write a gratitude prayer thanking God for the gifts you have. Encourage everyone to contribute their thoughts.
2. Say this prayer with others, whether in your classroom, at home, or during your visit to the centre.

5. Collective Gratitude Prayer Draft:

(Feel free to write down your ideas)

Reflection Questions

1. What was the most surprising thing you learned from the individuals you met?

2. How did living with limitations change your perspective on daily tasks?

3. How did you feel while writing the collective gratitude prayer?

4. Why is it important to appreciate the gifts we often take for granted?

5. How can you continue to express gratitude in your everyday life?

Sample Worksheet 4:

1. What was the most surprising thing you learned from the individuals you met?

I was surprised by how independent and happy they were. Even though they have challenges, they don't let it stop them from learning new things and living their lives.

2. How did living with limitations change your perspective on daily tasks?

It made me realize how much I take things for granted, like being able to see or use both hands. Simple tasks like eating or writing were much harder, and it made me appreciate what I have.

3. How did you feel while writing the collective gratitude prayer?

I felt very thankful and a little emotional. It made me think about all the good things in my life that I never noticed before. I also felt hopeful that I could help others in small ways.

4. Why is it important to appreciate the gifts we often take for granted?

It helps us stay humble and be more compassionate to others.

5. How can you continue to express gratitude in your everyday life?

I can express gratitude by saying thank you more often, helping others who might be struggling, and remembering to appreciate my abilities every day instead of complaining about small things.

5. Role Play- Subtraction (Group)

Introduction

In this creative role play, we will explore the concept of gratitude through the lens of subtraction. Each student will take on the role of a natural element—such as the Sun, Moon, Stars, Rivers, Mountains, Trees, Air, Sky, Clouds, or Ocean. By appreciating each other's contributions to our world, we will discuss what life would be like without one of these elements for a day. This exercise will help us recognize the importance of each part of our environment and the interconnectedness of nature.

Instructions:

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, you will learn to express gratitude which fosters stronger connections with peers, teachers, and family members because it shows appreciation and kindness.

Worksheet 5: Gratitude Role Play

Project : Group

Student name : _____

Standard : _____

Date : _____

Step 1 :

1. Assign each student a role as one of the natural elements.
2. Give students a few minutes to think about their roles.
3. Gather in a circle and allow each student to share what they appreciate about the other elements.
4. Initiate a discussion about what would happen if each element were subtracted from our lives for a day. For example:
 - If there were no Sun: What would happen to plants , life on the earth, the temperature , solar system etc?
 - If there were no Water: How would living things survive?
5. Have each student act out a short scenario reflecting their element's absence. For example, the Sky can pretend to be sad and cloudy if the Sun is absent.

Discuss :

1. What do you appreciate about your role in nature?
2. What did you learn about the other elements during the appreciation circle?
3. How did it feel to think about life without your element for a day?
4. What is one way you can show gratitude for nature in your daily life?
5. How can we take care of the natural world based on what we learned?

Sample Worksheet 5 :

1. What do you appreciate about your role in nature?

I was the Sun, and I appreciate how I bring warmth and light to the world. Without me, people, plants, and animals wouldn't survive.

2. What did you learn about the other elements during the appreciation circle?

The trees give us oxygen, the rivers provide water, and the Clouds bring rain. Even the things we don't notice, like Air, are so important for life.

3. How did it feel to think about life without your element for a day?

Without the Sun, the Earth would be cold and dark. There would be no food, and everything would stop growing. I realized how much the world depends on the Sun.

4. What is one way you can show gratitude for nature in your daily life?

I can show gratitude by using less electricity and spending more time outside. I can also plant trees to give back to nature and take care of the environment.

5. How can we take care of the natural world based on what we learned?

We can take care of the Earth by not wasting resources like water, planting more trees, and reducing pollution.