

# Gratitude

**GRATITUDE** means being thankful for someone or something.

## LESSON 1

Explain to students that they will learn about the word, **GRATITUDE**. Ask students to think about a time when they may have received a gift. Ask them to think about how they felt at the time. Explain that the good feeling is what gratitude feels like. Say: **Showing gratitude means being thankful for something or something. It makes us and others feel good. When we show gratitude towards others, they feel good too!** As time allows, ask students to describe a time when they are thankful. Examples could include when they received a gift, a favorite meal, going to a place they enjoyed, etc. Remind students that gratitude means being thankful for something or someone.

**School/Home Link** - Tell students to talk with a family member about something they are grateful for at home.

## LESSON 2

Read the meaning of **GRATITUDE**. Emphasize that a when a person shows gratitude he or she shows appreciation. Explain to children that one way to show appreciation is by saying **"Thank You."** **Tell children you are going to play a game to practice saying, "Thank You" Say: I will give a book to someone. If I give the book to you, say, "Thank You." Then, you will have to give the book to someone else who must say "Thank You." Then, that person will give the book to another classmate, who must say "Thank You" and so on until I call time.** Assist with the **Thank You** activity as necessary. After several minutes ask the student holding the book to give it to you. Be sure and say **"Thank You."** Remind students to say "Thank You" to show appreciation and gratitude throughout the day.

**School/Home Link** - Tell students to remind family members to say, "Thank You" when they receive something.

## LESSON 3

Review the meaning of **GRATITUDE**. Tell students that it is important to show gratitude toward someone when he or she does something for you. Help students think of people they may be thankful for during the day. Examples could include the person who prepares their meals, washes their clothes, helps with schoolwork, plays with them, teaches them, etc. Ask students to raise their hand if they have thanked someone who cares for them today. For those who did not raise their hand, encourage them to say "thank you" to someone who does something for them during the day.

**School/Home Link** - Tell students to tell a family member "Thank You" for something they did for them.

## LESSON 4

Read the meaning of **GRATITUDE**. Read: **Gratitude shows appreciation. It shows someone that you are thankful. It is important to show gratitude when someone does something nice for you. We know that saying "Thank You" is one what to show gratitude, but there are others ways we can express gratitude too.**

Ask: **Can anyone think of another way to show gratitude to someone?** Examples could include doing something nice, being polite, showing kindness, etc. Lead a discussion on the many ways to express gratitude. Let students know that you are grateful for them!

**School/Home Link** - Tell children to remind family members to say, "thank you" when they receive something.

## LESSON 5

Review the meaning of **GRATITUDE** with students. Ask students if they can name a holiday that is associated with Gratitude. Congratulate students if they identified the American holiday, Thanksgiving. Briefly explain why Thanksgiving is associated with gratitude. (Because the Pilgrims and Indians gathered for a meal to express their thanks. Explain to students that Thanksgiving is also a time when many people think about all the wonderful things and people they are thankful for. Ask students to tell what they learned about showing gratitude and being thankful. Ask children to draw a big heart and give it to someone for whom they are grateful.

**School/Home Link** - Tell students to share their heart with a family member.

## Louisiana Content Standards and Grade Level Expectations

ELA-2-E1 / GLE 20, ELA-2-E3 / GLE 24, ELA-4-E1 / GLE 33, ELA-4-E1 / GLE 34