

# GRATITUDE

## Teacher Resource

### WHAT IS GRATITUDE?

Being thankful and sharing appreciation with others.

### BENCHMARKS

- ✓ **HE.K.R.1.1** Define and give examples of kindness and caring.
- ✓ **HE.1.R.1.3** Identify the benefits of sharing and cooperation.
- ✓ **HE.2.R.1.1** Identify the benefits of showing kindness and treating others with respect.

### PURPOSE

- These interactive activities will help your students learn the characteristic of **gratitude** by being thankful and sharing appreciation with others. Share the suggested introduction with your students, choose one or more of the activities below, and conclude with the suggested wrap-up. Feel free to modify or revisit activities throughout the week to continue reinforcing **gratitude**.



### Suggested Introduction:

"Today, we are going to learn about **gratitude**. **Gratitude** means being thankful and sharing appreciation with others. Have you ever received a gift? Do you remember if you said 'thank you' to the person who gave you the gift? Expressing **gratitude** is a way to show kindness to others, and it is also nice to receive **gratitude** from those we help. **Gratitude** is an important part of developing good relationships with others."



### Activities to Build Gratitude:

#### 1 Kindness Tree

Create a tree using paper to display in your classroom. Provide students with leaf cutouts, each time your students do something kind or show **gratitude** toward someone else, have them write the kind act on a leaf and place it on the tree. Help students make daily connections to the kindness tree by discussing the importance of kindness, the benefits of sharing and cooperation with others, and how being kind and treating others with respect is important.

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### Activities to Build Gratitude (Continued):

#### 2 Thank-You Card Station

Set up a station where students can make thank-you cards for people who are heroes in the community such as first responders, teachers and veterans. Encourage students to reflect on why they appreciate these individuals and how a thank-you gesture can make a big impact.

#### 3 Bingo Challenge

Create a bingo card with acts of **gratitude** and kindness on the board (e.g., listened to a friend, shared a toy, said thank you, helped clean up a shared space without being asked, gave a compliment). Throughout the week, challenge students to try to complete the bingo board by showing **gratitude** and demonstrating kindness. Encourage students to look for **gratitude** and kindness in each other throughout the week. At the end of the week, highlight the benefits of showing kindness, treating others with respect and demonstrating **gratitude**.



### Suggested Wrap-Up:

*Guide student responses or provide sentence stems.*

**"Can someone tell me what it means to show **gratitude**? You all did a great job identifying the characteristic of **gratitude**! When we practice **gratitude**, we learn how to show kindness and treat others with respect."**