

GRATITUDE

Teacher Resource

WHAT IS GRATITUDE?

Being thankful and sharing appreciation with others.

BENCHMARKS

- ✓ **HE.3.R.1.1** Identify skills needed when working with others. Clarification: Listening, cooperating, taking turns and compromising.
- ✓ **HE.4.R.1.2** Identify the benefits of treating others with respect.
- ✓ **HE.5.R.2.5** Explain how attitudes and thoughts can influence your behavior and affect others.

PURPOSE

- These interactive activities will help your students explore 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 explore **gratitude**. **Gratitude** means being thankful and sharing appreciation with others. Expressing **gratitude** is a way we can show kindness to others. When we practice **gratitude**, we are showing others our appreciation for what they do.”



Activities to Build Gratitude:

1 Gratitude Poetry

Divide students into groups and assign each group to write a poem focusing on **gratitude**. Introduce different types of poetry (e.g., acrostic, haiku, free verse) and provide a poetry prompt for each group.

Example poetry prompts include:

- Write an acrostic poem using the word “grateful.”
- Write a haiku poem about a situation for which you are thankful.
- Write a free verse poem about the benefits of being grateful.

Have students share their poems with the class and describe the types of poems they selected to write. Consider displaying the poems in the classroom or a hallway.

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GRADES
3–5



Activities to Build Gratitude (Continued):

2 Thank You to the Florida National Guard

Set up a station in the classroom for students to write a holiday greeting to a Florida National Guard member for the work he or she does to protect and support Florida's families. During the holiday season, receiving messages of appreciation and encouragement is particularly important and appreciated. Letters should be cheerful with a positive message and may include drawings that share the holiday spirit and capture the work of the Florida National Guard, which includes:

- Responding after natural disasters by providing needed supplies and resources
- Defending Florida's borders
- Maintaining vital public services
- Providing protection of life and property
- Preserving peace, order and public safety

By expressing **gratitude** to service members, students begin to understand the need to demonstrate civic virtues and appreciation for our freedom.

3 G is for Gratitude

Challenge your students to create a list from A to Z with things they are grateful for. For example, a student can write: "A stands for America because I love living in this country. B stands for Baseball because I love playing catch with my dad." Encourage students to think about all aspects of their lives when creating their "**Gratitude** List." After completion, go through the alphabet as a class and encourage students to share what they wrote.



Suggested Wrap-Up:

"Today, we have explored the characteristic of **gratitude** and the benefits of treating others with respect. These activities showed you how to listen, take turns and cooperate with your classmates. Showing **gratitude** enhances others' attitudes, thoughts and behaviors."