

# Gratitude

## Objectives and Standards

3<sup>RD</sup> THROUGH 5<sup>TH</sup> GRADE



**AmeriCorps**



INTERACTIVE

# Lesson 1 – Gratitude

## Objectives and Standards

### Teacher Goals

- Teach students what gratitude is.
- Inspire students to express gratitude to others.

### Student Goals

- Define “gratitude”.
- Give two examples of someone they are grateful for.
- Write a thank you letter.

### Social-Emotional Domains

- Social awareness
- Self-awareness

### Common Core State Standards

- CCSS.ELA-Literacy.W.3-5.4
- CCSS.ELA-Literacy.W.3-5.5
- CCSS.ELA-Literacy.L.3-5.2
- CCSS.ELA-Literacy.SL.3-5.4

### MATERIALS

- Journal #2: Gratitude printable
- How to Write a Letter printable
- How to Address an Envelope printable
- Family Letter #2 printable
- Notebook and writing utensil, or computer and paper if preferred
- Postage stamps and envelopes

### PREPARATION

- Print a copy of How to Write a Letter and How to Address an Envelope printables for each student.
- Print a copy of Journal #2 Printable: Gratitude for each student.
- Print a copy of Family Letter #2 for each student.



# Lesson 1 Activities

## Talk About It

- Write the word “thankful” on the board. Underline the root word thank in one color and the suffix -ful in another color as you point out that to be thankful is to be full of thanks.
- Brainstorm a list of other words that end in -ful, making a list on the board. Then ask students if they can think of a synonym for “thankful” that ends with the same suffix, explaining as needed that a synonym is a word that means the same thing as another word.
  - Guide students to “grateful” with clues and hints, if necessary. Write that word on the board too.
- Share a definition of “grateful”.
  - Being grateful means feeling thankful for the people, experiences, and things that make your life better.
- Ask volunteers to share one thing or person they feel grateful for.
- Tell students that we can feel grateful, and we can also show we are grateful.
  - When we show or say that we are thankful or grateful, we are showing our gratitude.
  - Point out that one way we can show gratitude by saying “thank you”.

## Think About It

- Have students reflect in their journals by using the Journal #2 printable to write about two people whose good deeds the student is thankful for.

## Write About It

- Distribute a copy of How to Write a Letter and How to Address an Envelope to each student.
- Tell students that they will be writing a thank you letter to express their gratitude to someone.
- Ask students to reread what they wrote on Journal #2, then have them choose one of the two people they would like to thank in writing. Have them circle that person’s name on Journal #2.
- One at a time, point out and elaborate on each of the five parts of the thank you letter template. Pause to answer any questions about each field.

- Model writing a thank you letter together, using the printable as a guide. Consider writing the sample letter to a support staff member all the students know, such as a lunchroom worker or custodian.
- Give students time to write their thank you letters in class. For homework, have students find out their recipient's mailing address and bring it to class.
- After class, proofread each student's letter for grammar, punctuation, and spelling. Provide feedback so they can make corrections.
- Have students address the envelopes and mail their letters.

## Share About It

- Give each student a copy of the Family Letter #2 printable to share with their family.

## Extension Activities

- Have students create and deliver thank you cards for community workers or school support staff.
- Establish a class reward system; award a point (or put a marble in a jar) each time you overhear students expressing gratitude. When the class reaches a certain number of points (or the jar is full), give the students free time or some extra recess.
- Discuss other polite phrases besides “thank you”, including “please” and “you’re welcome”; you may wish to have students role play various scenarios where these phrases can be used.
- Have students begin a daily gratitude habit by distributing copies of Journal #2 each day for a week. You might also encourage students make a special book or buy a spiral notebook that they use as a gratitude journal.

Name \_\_\_\_\_ Date \_\_\_\_\_

## Journal #2: Gratitude

Write about three people you are grateful for. Explain why you are grateful for each one in as much detail as possible.

One person I am grateful for is \_\_\_\_\_.

I am grateful to this person because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Another person I am grateful for is \_\_\_\_\_.

I am grateful to this person because \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

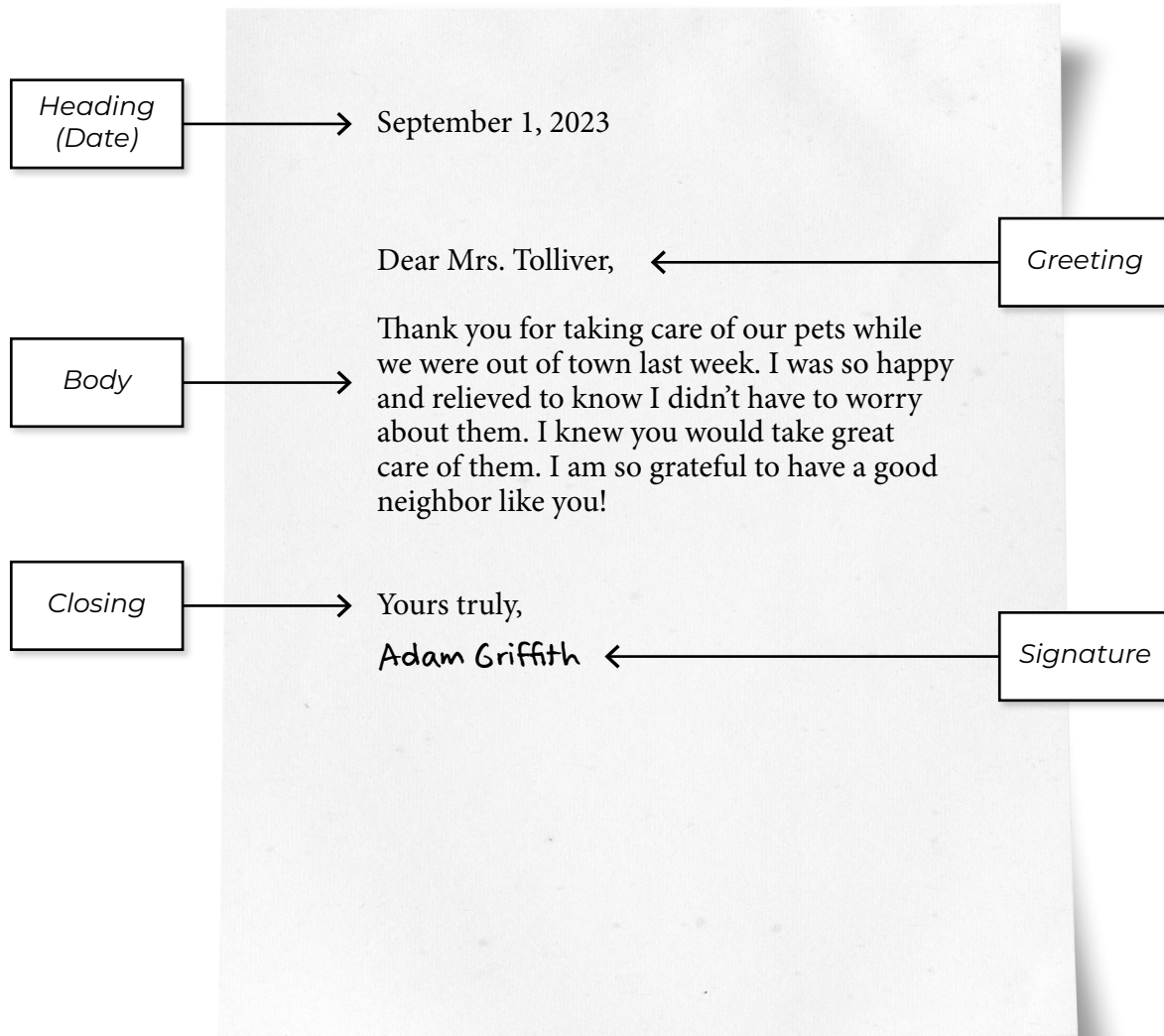
\_\_\_\_\_

\_\_\_\_\_

# How to Write a Letter

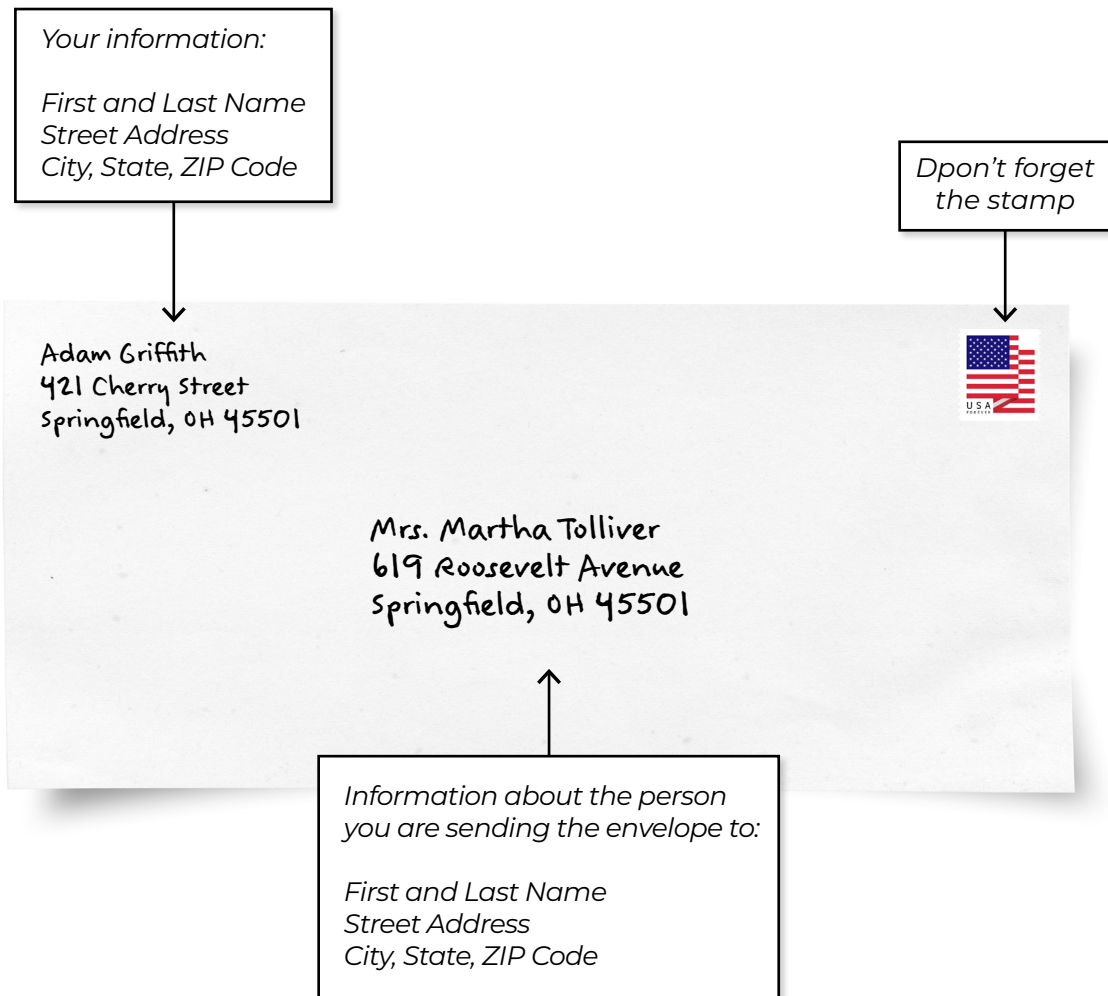
A friendly letter, such as a thank you letter, has five parts:

- Heading – usually the date
- Greeting – usually Dear [Name],
- Body – your main message; one or more paragraphs
- Closing – Yours truly, / Sincerely, / Love,
- Signature – your signature (in your own handwriting, if you typed the rest of the letter)



Use the example above to help you write your own thank you letter on separate paper.

## How to Address an Envelope



Dear Family,

As we continue to prepare for a service project as part of the 9/11 National Day of Service, our class has been learning to define gratitude and to express who or what we are thankful for. Ask your child to tell you about some of the things he or she is grateful for.

### What is a gratitude?

Being grateful means feeling thankful for the people, experiences, and things that make your life better.

When we show or say that we are thankful or grateful, we are showing our gratitude.

To continue the learning at home, here are some things you and your child can do together.

- Start a gratitude journal together. Each night before bed, ask your child to name one thing to be thankful for. Write the answer in the journal. Once a month or so, look back over the previous entries together to reflect on all the good things you recorded.
- Your child has already written a thank you letter to one person in class. Help your child make a card to thank a family member or friend for a gift or good deed. If they have trouble thinking of someone, remind them that they wrote about someone in their Journal #2 printable. When the letter is complete, address the envelope and mail it.
- Make a habit of expressing gratitude to, and for, your child daily. This is a great way to boost self-esteem and provide positive reinforcement for behaviors you want to nurture.
- Take this fun challenge together: write GRATITUDE, GRATEFUL, or THANK YOU down the side of a piece of paper, so each letter is on its own line. Work together to think of something you are grateful for which begins with each letter (such as Grandma for the letter G). Later, if you choose, rewrite it with markers to create a poster and hang it on the wall of your child's bedroom.
- As you run errands together, model for your child smiling and saying thank you to others for holding a door open. If people respond with "you're welcome", point out the phrase as a friendly response we give when someone shows us their gratitude.

If you choose to complete any of these activities, please feel free to share photos and stories with us.

We are grateful for you!