

Gratitude

Objectives and Standards

9TH THROUGH 12TH 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”.
- List 3 people they are grateful for.
- Write a listicle explaining 5 practical ways to show gratitude.

Social-Emotional Domains

- Social awareness
- Self-awareness

Common Core State Standards

- CCSS.ELA-Literacy.RI.9-12.2
- CCSS.ELA-Literacy.RI.9-12.5
- CCSS.ELA-Literacy.W.9-12.2
- CCSS.ELA-Literacy.W.9-12.5
- CCSS.ELA-Literacy.SL.9-12.1

MATERIALS

- Journal #3: Gratitude printable
- Optional: How to Write a Letter printable
- Optional: How to Address an Envelope printable
- Optional: Postage stamps and envelopes
- Internet access and a way to display the Internet for students
- A Listicle About Listicles! printable
- Paper, pencils or pens, or computer and paper if preferred

PREPARATION

- Print a copy of Journal #3: Gratitude for each student.
- Optional: Print a copy of How to Write a Letter and How to Address an Envelope for each student.
- Optional: Preview a few articles containing lists (listicles) online and select 2 or 3 to share with the class.
- Print a copy of A Listicle About Listicles! for each student.



Lesson 1 Activities

Talk About It

- Begin by asking students to share what their definition of gratitude is.
- Share your definition of “gratitude”.
 - Tell students that gratitude is having and expressing a deep sense of appreciation for the people, experiences, and objects that make life meaningful and fulfilling.
- To warm students up to sharing, have 4 or 5 students provide examples of objects they are grateful for.
 - To help visual learners, you may wish to create a concept web of these examples on the board or chart paper.
- Invite students to reflect on their own experiences with gratitude by completing Journal #3.

Think About It

- Have students reflect on gratitude in their journals by using Journal #3: Gratitude to record three people they are grateful for, along with explanations for each.
- Tell students they will use this information in later writing activities, so it is important for them to be thorough in their reflections.

Write About It – Thank You Letter

- Instruct students to write and send a thank you letter to express their gratitude to someone.
 - You may opt to have students complete this activity via email, traditional postal mail, or both.
 - Optional: Your students are likely familiar with the five parts of a friendly letter. However, if they need to review, be prepared to distribute a copy of How to Write a Letter and How to Address an Envelope to each student.
- Remind students to say more than just thanks; they should be explicit in providing the reasons they are grateful, including details and emotions as much as possible.

Write About It - Listicle

- Distribute a copy of A Listicle About Listicles! to each student. Have a volunteer read the listicle aloud.
- Discuss how the listicle uses the listicle format itself to convey key points about this type of informative writing. Ask students to explain whether they think this is an effective technique.
- Tell students that on their own paper or using technology, they will write an informative listicle (an article containing a list) that explains five practical ways to express gratitude.
 - Go online to show students a few listicles if they need help getting started. Be sure to preview and select these before class.
- Have students work in small groups to brainstorm seven to ten ways to express gratitude. Each student should take notes as the group brainstorms so they can refer to their notes when writing.
- Remind students that although their informative writing will include a list, it must still contain an introduction and a conclusion. In addition, the body of the writing should contain a key point or two about each suggestion.

Extension Activities

- Have students implement one of the ideas they wrote about in their listicle and write a narrative reflection about the experience.
- Invite students to write poems about gratitude that a greeting card company might select for a new line of thank you cards.
- Encourage students to develop a gratefulness mindset by writing in a daily gratitude journal.

Name _____ Date _____

Journal #3: Gratitude

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

I am grateful for _____ because

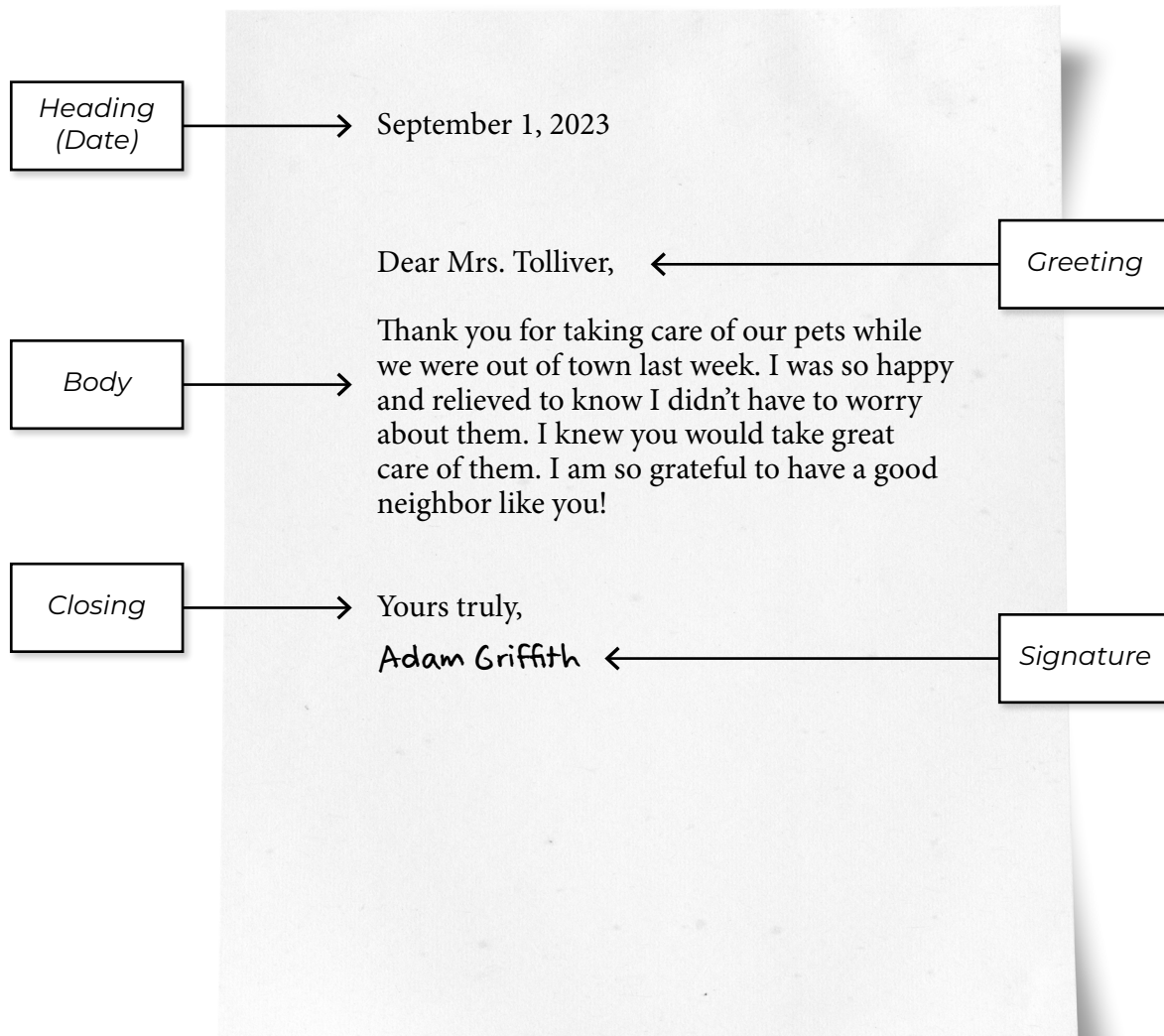
I am grateful for _____ because

I am grateful for _____ because

How to Write a Letter

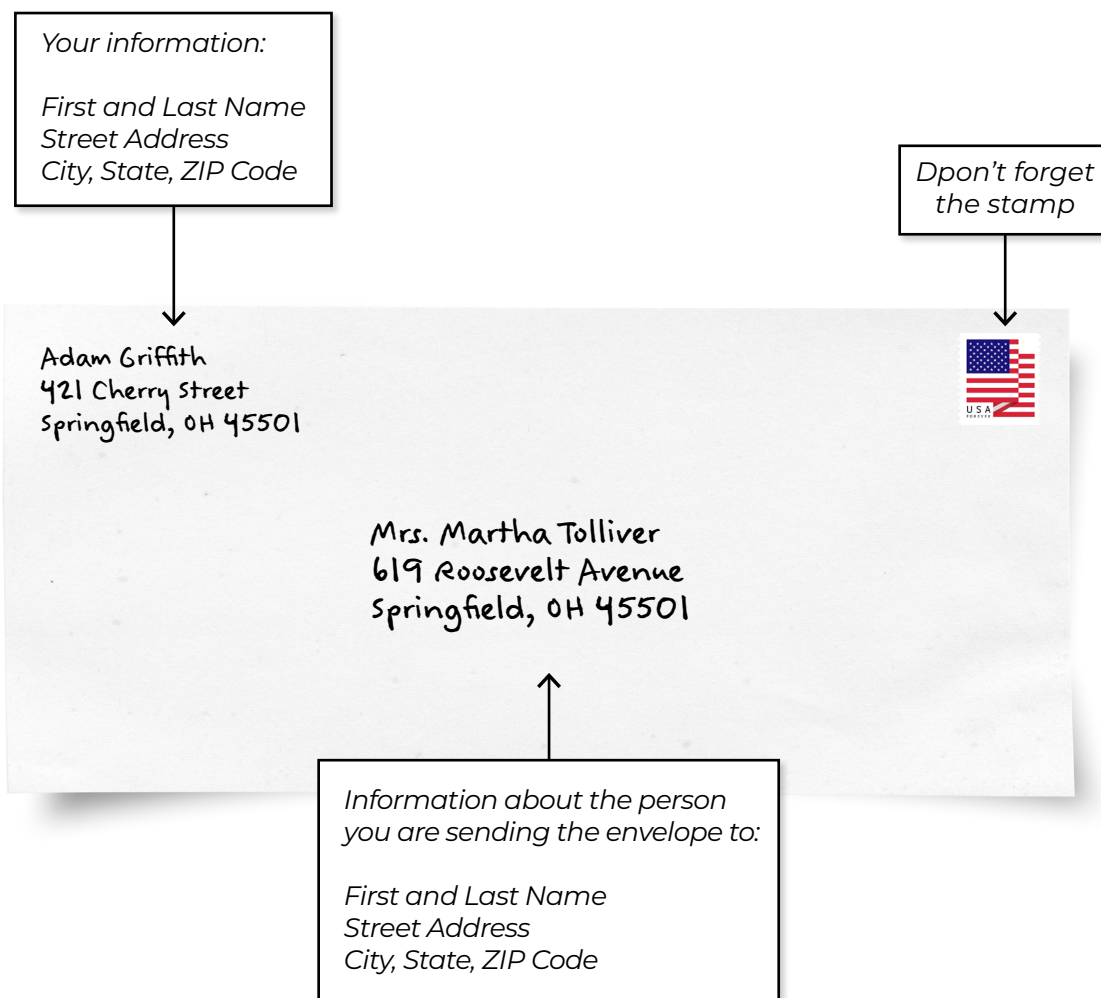
A friendly letter, such as a thank you letter, has five parts:

- 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



A Listicle About Listicles!

Have you ever heard of a listicle? You may not have heard the ridiculous-sounding name before, but if you have ever been online, you have probably stumbled across more than one without realizing it. Blog writers are particularly fond of posting entries with titles like “7 Ways to Make Money Fast” or “3 Beauty Products You Didn’t Know You Need”.

A listicle, then, is a mashup of an informative article and a list. A listicle! Here are five things you should know about writing a listicle for the Internet:

- **Include a numeral in your title.** Unlike formal writing, online listicles usually have an informal tone. It is okay and even expected for a listicle to use a numeral (“6” instead of “six”) in the title – even if it is under ten!
- **Informative writing rules still apply.** Even a listicle has an introduction and a conclusion. In your introduction, tell readers what the topic is, enticing them to read on for more details. In the conclusion, summarize your main points or include a call to action based on the topic.
- **Keep the list short.** Listicles are meant to be relatively short, quick reads, so keep the number of items in your list low (ten or fewer). The more items you include, the less detail you should include about each item.
- **Details matter.** But do include some details! A listicle without details and extra information is just... well... a list. Save that for a shopping lists or a To Do list.
- **Make your list visually obvious.** You might do that with bullet points, as this article does, or you may wish to use bold headings (as this article does!) or even a numbered list.
- **Be accurate!** If you say there are five things you should know about listicles, then make sure you include exactly five items. Not four, and not six. See what we did there?

Keep these points in mind as you write your own listicle. By doing so, you can ensure you’re your listicle is engaging, informative, and enjoyable to read.