

Lesson 1

Teacher Guide



Gratitude

Objectives and Standards

PRE K THROUGH 2ND GRADE



INTERACTIVE

Lesson 1 – Gratitude

Objectives and Standards

Teacher Goals

- Teach students what it means to feel grateful.
- Inspire students to express gratitude to others.

Student Goals

- Define “gratitude”.
- Give an example of something they are grateful for.

Social-Emotional Domains

- Social awareness
- Self-awareness

Common Core State Standards

- CCSS.ELA-Literacy.RF.1-2.3
- CCSS.ELA-Literacy.W.K-2.2
- CCSS.ELA-Literacy.SL.K-2.2
- CCSS.ELA-Literacy.L.K-2.5.a

MATERIALS

- Paper People printable #1 or Paper People printable #2
- Journal #2: Gratitude printable
- Family Letter #2 printable
- Crayons
- Scissors
- Tape (recommended) or glue sticks

PREPARATION

- Before class, prepare a scenario with a colleague or a parent in which they bring an item to you during class as the lesson begins, providing a chance for you to model gratitude for students.
- For example, you might have a colleague bring you something you “forgot” in another room, or a parent might bring in a small surprise for the class.
- Print a copy of Paper People for each student.
- The Paper People are provided in two different sizes. Choose the size that is most appropriate for your students and your classroom.
- The smaller Paper People #1 may be used as finger puppets or as tabletop figures.
- The larger Paper People #2 are more suitable as tabletop figures.
- Note: If your students are younger, you may wish to cut and/or assemble the paper puppets for them.
- Print a copy of Journal #2 Printable: Gratitude for each student.
- Print a copy of Family Letter #2 for each student.



Lesson 1 Activities

See It

- As the lesson begins, implement the scenario you prepared in which a colleague or parent brings something to you.
 - As students watch, demonstrate gratitude:
 - Show a happy smile or excitement on your face.
 - Tell the person you are thankful.
 - + To reinforce Lesson 1, specify that you are thankful for their good deed.
 - Tell the person aloud how you feel.
 - “Oh, thank you for bringing me the books I left in your room. I am so happy you did this good deed for me! Now I can read them to the class!”

Talk About It

- As the scenario ends, turn your attention back to the students and tell them you are feeling so thankful.
- 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.
- Have students show how their face looks when they feel full of thanks. Then have them try to express that feeling in words.
- Tell students that another word for “thankful” is “grateful”. Write that word on the board too.
- Share a definition of “grateful”.
 - When you feel grateful, you feel happy and thankful for the good things in your life, like your family, friends, and favorite toys.
- Ask students 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.
 - Don’t dwell too much on the word grateful with students in this age group, but do use it once or twice aloud so students can associate it with the more age-appropriate words grateful and thankful.
 - Point out that we can show gratitude by saying “thank you”.

Make It

- Distribute a copy of Paper People #1 or #2 to each student.
- Tell students they will be using the paper people to act out a scene where one character is grateful to the other. Encourage them to put themselves in the scene as one of the characters!
- Invite students to color the paper people and draw faces and hair on them.
- If students will be cutting and/or assembling the paper people themselves, model the process, then assist students as needed.
 - Cut along the dotted lines.
 - Bend the two ends of each rectangular base backwards until they meet, forming a loop behind the paper person.
 - If creating finger puppets, be sure to size the loops to fit each student's fingers by overlapping the two ends as needed.
 - Affix with tape or glue.

Show It

- Have students use their paper people to act out a gratitude scenario with a partner, then have them perform it for the class.
- Briefly review the scenario with the class. Ask questions such as:
 - What happened in this story?
 - Who was grateful?
 - How did they feel?
 - Why were they grateful?

Think About It

Have students reflect in their journals by using the Journal #2 printable to draw a picture of something or someone they are grateful for.

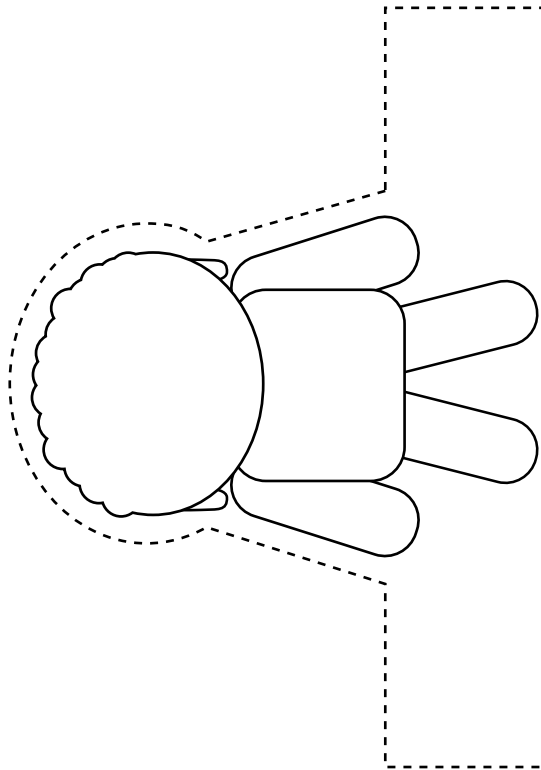
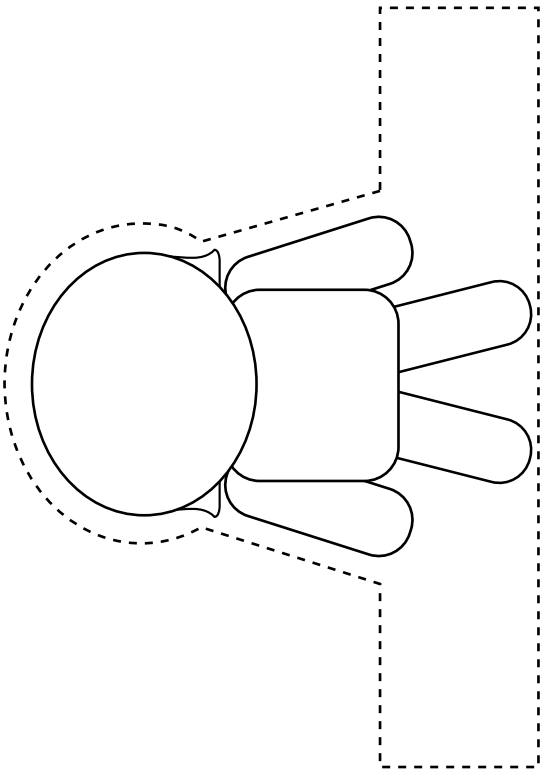
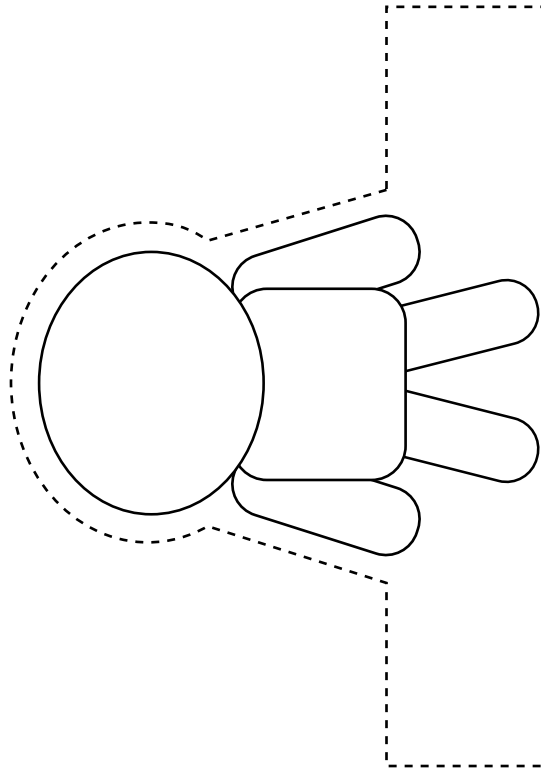
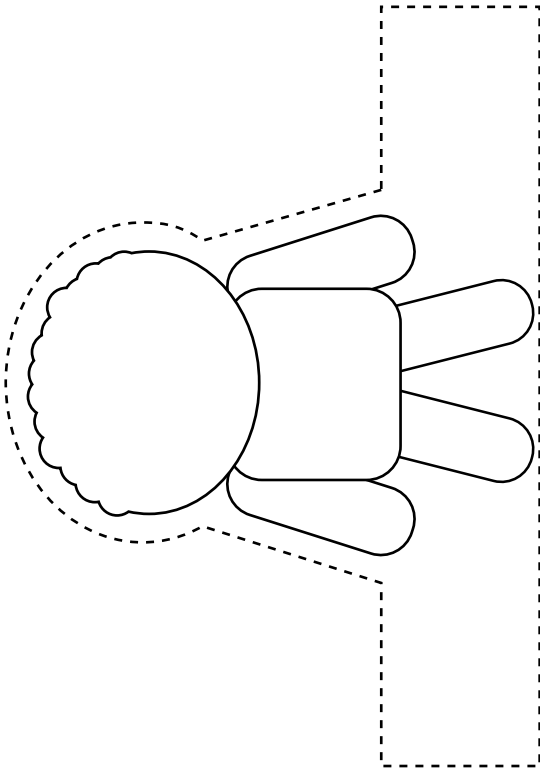
Share About It

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

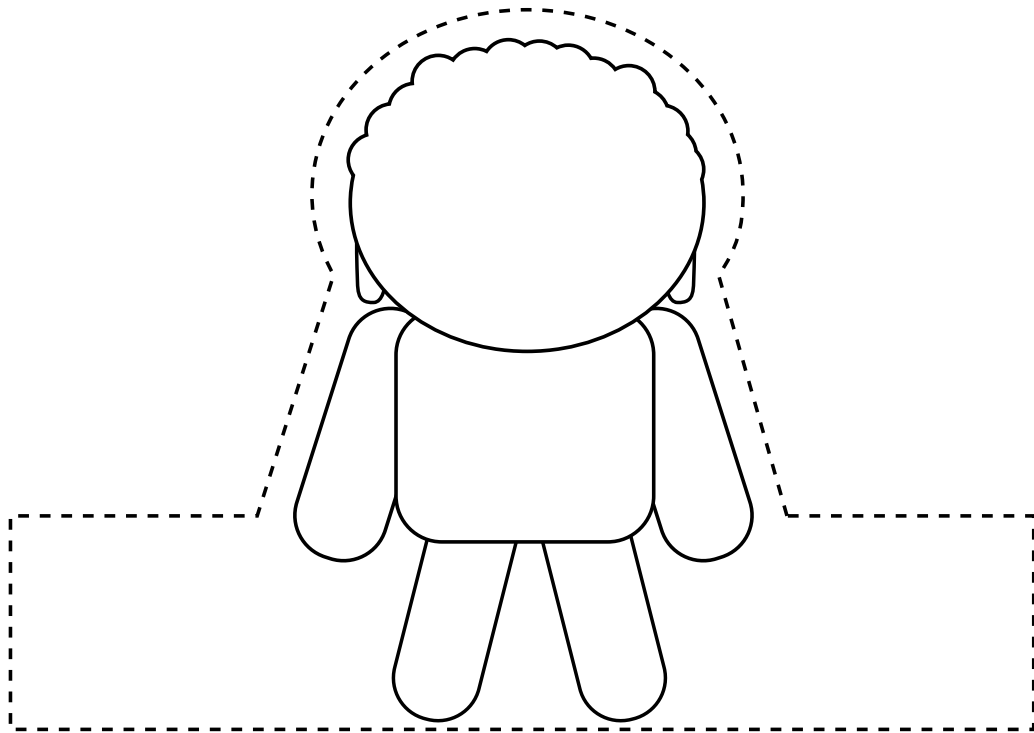
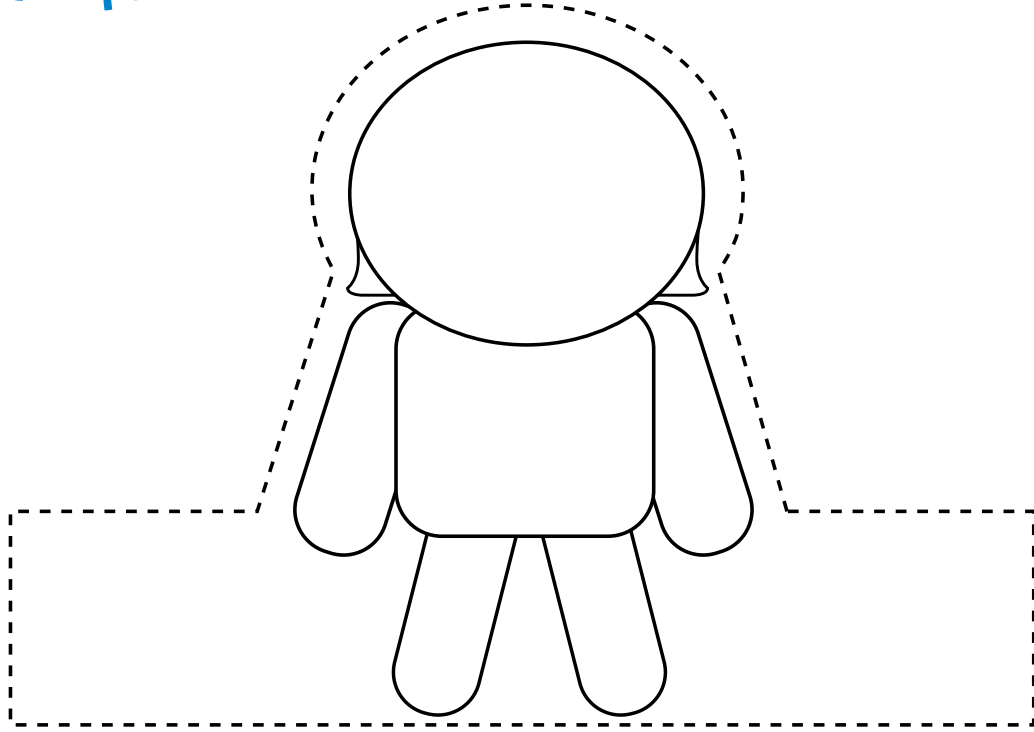
Extension Activities

- Read a picture book about gratitude aloud to students.
 - *Gratitude is My Superpower* by Alicia Ortego
 - *A Thank You Walk* by Nancy Loewen
 - *Curious George Says Thank You* by H. A. Rey
- Help students develop a habit of gratitude by providing structured moments for students to reflect on what they are thankful for, either in writing or aloud – or both!
- Create Thank You posters to thank support staff for all they do. Hang them around the school or set up a display in the classroom and invite support staff to a little celebration.

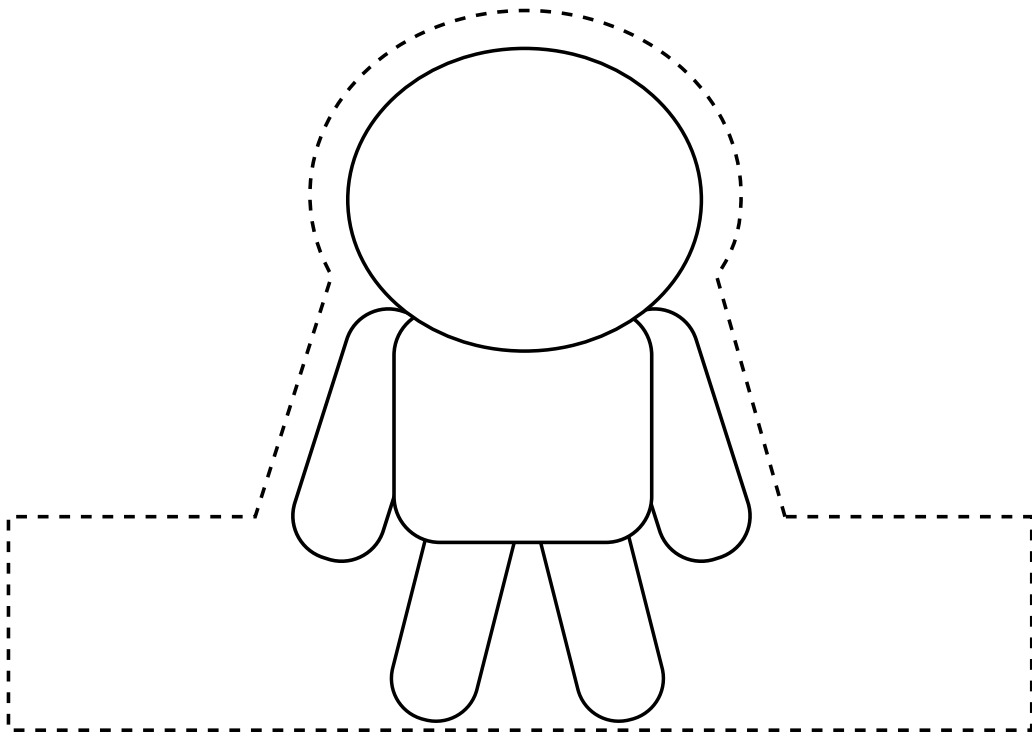
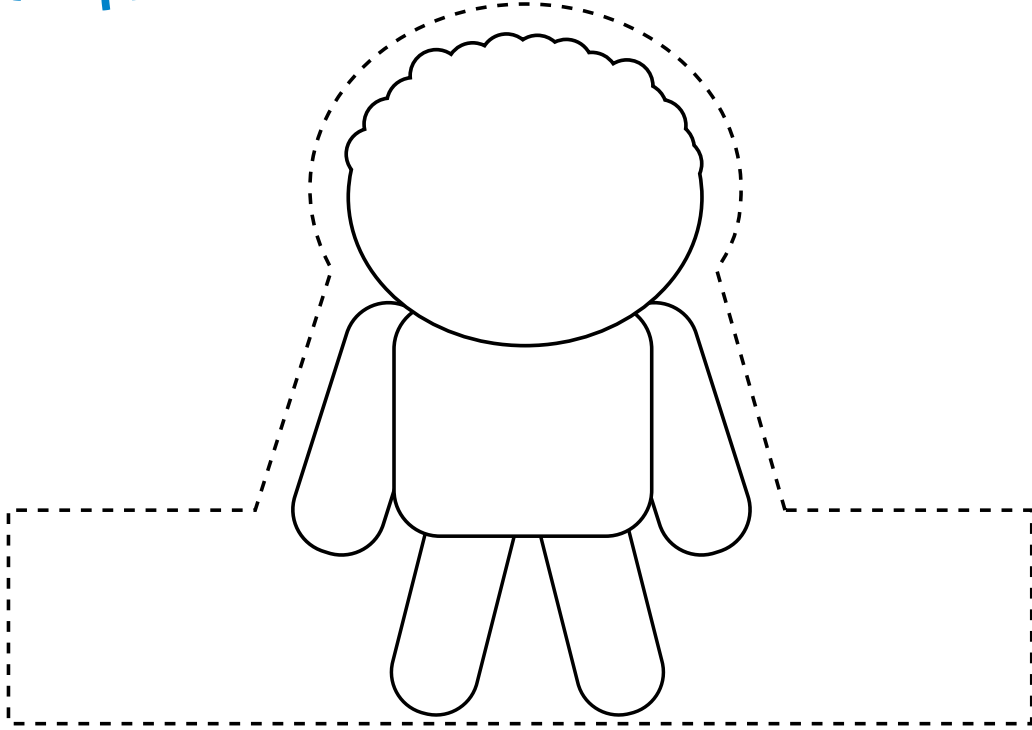
Paper People #1



Paper People #2



Paper People #2



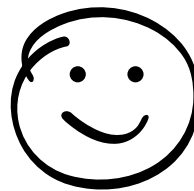
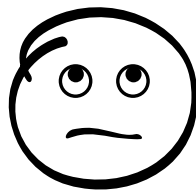
Name _____ Date _____

Journal #2: Gratitude

Draw a picture of something or someone you are thankful for.



Color the face that shows how you feel when you are grateful.



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?

When you feel grateful, you feel happy and thankful for the good things in your life, like your family, friends, and favorite toys.

When we say or show 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.
- Help your child write a letter (or draw a picture) to thank a family member or friend for a gift or good deed. Address the envelope and drop it in the mail together.
- Praise your child each time he or she expresses thankfulness without being prompted. You might even consider creating a gratitude jar into which you place a coin each time your child says thank you without being reminded.
- 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!