SEL Kernels

Have a Grateful Heart

Grades 6-8 15 minutes

Students will learn ways to express gratitude.

Learning Targets	SEL Competencies	Materials
Students will: • Understand what gratitude means and how	CASEL 5: Social Awareness, Relationship Skills	None needed for this activity.
it feels.Practice saying words of gratitude.	Skills: Understanding and expressing gratitude, Developing positive relationships	

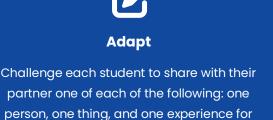
Teach

Invite students to explain what the word gratitude means to them. Explain that they can be thankful for things, people, experiences, or anything that brings them joy or safety or happiness. Model the language of gratitude and how it feels. For example: Once, when my arms were full and I was in a hurry, I dropped a bunch of papers. A stranger picked them up for me. It filled me with joy and warmth. Have pairs discuss a situation in which they felt gratitude. Encourage pairs to think about the words they can say when they feel gratitude. Examples include: I appreciate you. I am thankful you are my friend. I am thankful for the time you spend with me. Have pairs role play to practice expressing their gratitude. If time allows, encourage pairs to think of acts of kindness they can perform to express their gratitude.

Reflect

- How can you recognize when you are experiencing a feeling of gratitude?
- How will you express your gratitude the next time you have a chance?





This activity supports Grade 7 Lesson 16 and other Lions Quest Social Awareness resources.