

Have a Grateful Heart

Grades 6–8

15 minutes

Students will learn ways to express gratitude.

| Learning Targets | SEL Competencies | Materials |
|--|---|--|
| Students will: <ul style="list-style-type: none"> Understand what <i>gratitude</i> means and how it feels. Practice saying words of gratitude. | CASEL 5: Social Awareness, Relationship Skills Skills: Understanding and expressing gratitude, Developing positive relationships | <ul style="list-style-type: none"> None needed for this activity. |

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?



Expand

Have students write their messages of gratitude to friends, family, or school staff and deliver them.



Adapt

Challenge each student to share with their partner one of each of the following: one person, one thing, and one experience for which they are grateful.

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