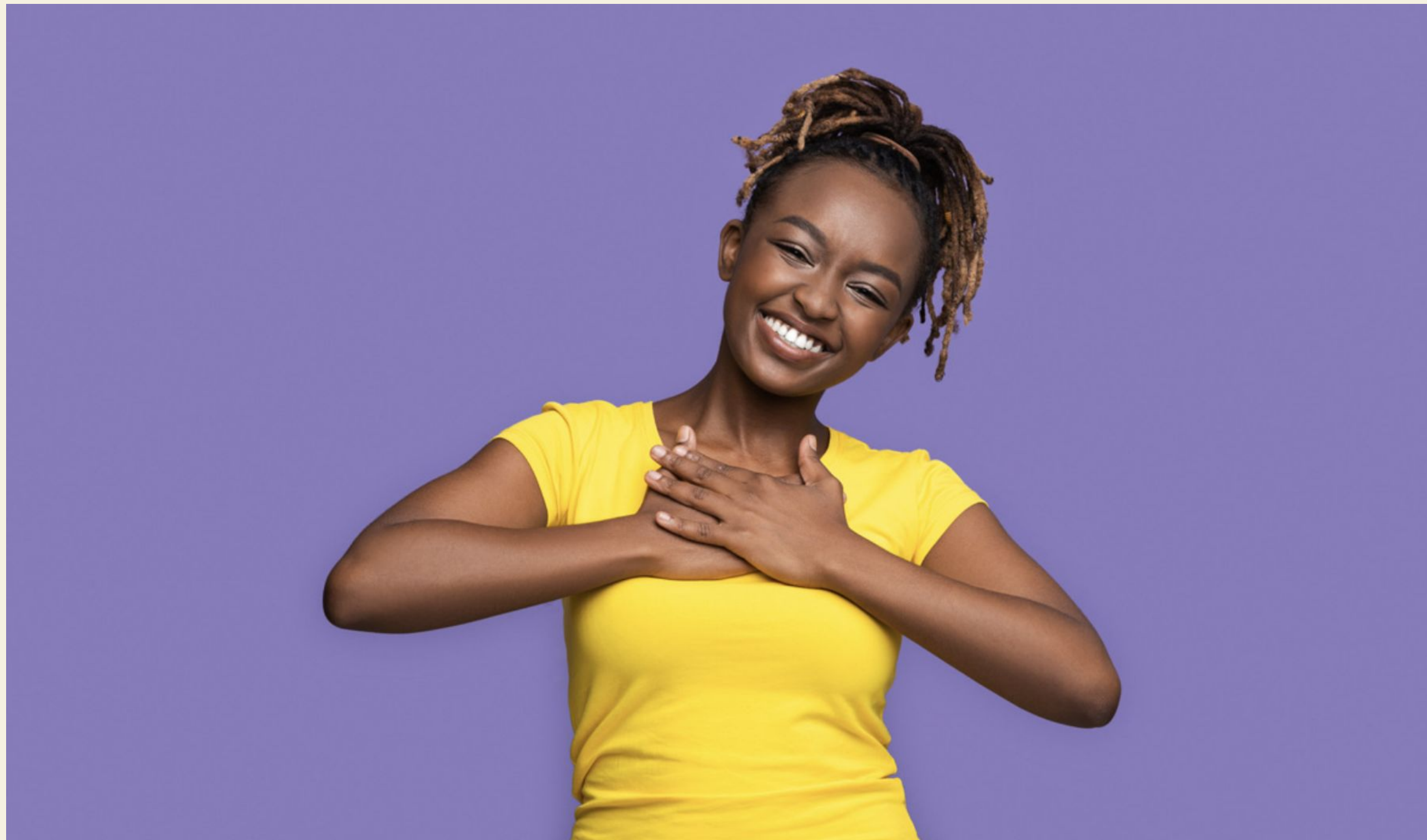


Gratitude

Relationships, Module 4



● ● ● **What is happening in this picture?**







Pro Tip


It's true! Researchers at Harvard found that people who show gratitude are not just happier, they're also healthier, too! Showing gratitude can also help you to have better relationships with others and be more resilient. And those benefits are for the people who receive the gratitude and those who give it.




AGENDA




1. Students will independently answer the brainstorm prompt: Does showing gratitude to others actually make you happier and healthier?



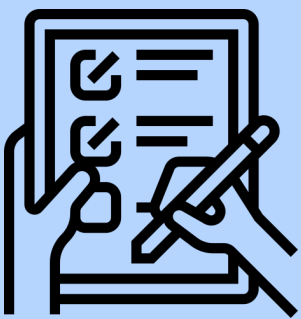
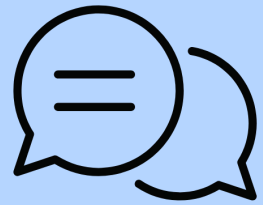
2. Discussion on Harvard research on the relationship between gratitude and positive health results.



3. Individual activity to list 3 things you are grateful for and creating a card or letter to the person that made you feel grateful.



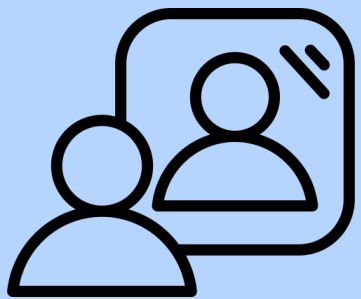
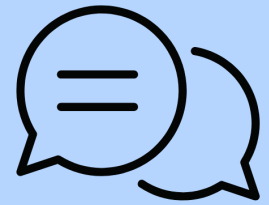
4. Reflect: How did it make you feel to show gratitude? How did it make the recipient feel? Do you think you'll continue to make showing gratitude a daily practice? Why or why not?



BRAINSTORM



Many people only show gratitude at certain times of the year, such as Thanksgiving, but showing gratitude is a practice that you can integrate into your daily routine. Brainstorm examples of demonstrating gratitude.

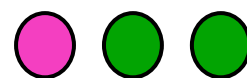
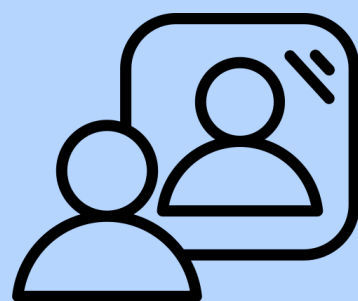


DISCUSS



Many people only show gratitude at certain times of the year, such as Thanksgiving, but showing gratitude is a practice that you can integrate into your daily routine. What examples do you have of demonstrating gratitude recently?





DIVE IN



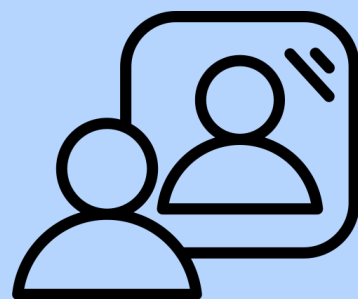
Gratitude

When we show our thanks and appreciation for something.

Ways to show gratitude: We can show gratitude for big things, such as someone being there for us when we really needed them. We can show gratitude for little things, such as someone holding the door open for us. We can express gratitude for things that are tangible, such as a gift, or things that are intangible, such as friendship. To receive the benefits of gratitude, you must make sure that your motivation and effort are sincere. It is also important to show your gratitude immediately or if not possible, in a timely manner.

Gratitude examples:

- If Jamal helps me pass out papers, I'm going to say thank you to him now, not in a week from now. And if I say "thanks, Jamal" while rolling my eyes and making a face, that doesn't seem very genuine or sincere, does it? There are many ways we can show gratitude.
- We can say "thank you" and we can write a note or card. If you're an artist, you can draw them a picture.
- Or maybe you can help them with a specific job.
- We can also do something nice for other people.
- What other ways can you think of to show gratitude?



ACTIVITY



Independent Work



- Using the three things we feel thankful for, brainstorm how we can show our appreciation.
- Using the materials provided, make hand-made cards or letters to show your appreciations
- Deliver the notes to the recipient.



High School

Worksheet

Name: _____

Date: _____

Gratitude

List three things that you feel grateful for:

1. _____
2. _____
3. _____

Brainstorm ways that you can show your appreciation for the three things you listed:

Pick one and do it!

Reflect. Once you've had a chance to practice showing gratitude, respond to the following prompts: Describe how it felt to show gratitude. Do you think you'll continue to make showing gratitude a daily practice? Why or why not?

Make gratitude a daily part of your life by making a point to thank someone in your life every day for something that they have done for you. There are many people that you come across everyday that make your life a bit easier. Show your gratitude and thank them! Pay it forward!

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REFLECT



- How did it make you feel to show gratitude?
- How did it make the recipient feel?
- Do you think you'll continue to make showing gratitude a daily practice? Why or why not?
- Share class results from the Independent reflection.
-



Extend & Enrich

Challenge your students to cultivate a gratitude attitude by practicing gratitude daily (or at least once per week). Some ways to do this include: Being mindful of the positive things in our lives, keeping a gratitude journal, creating a gratitude wall in the classroom and writing thank you notes.



Home Connection



Home Connection

Gratitude

Dear _____,

Today in class, we learned that **gratitude** is when we show our thanks and appreciation for something.

Please encourage your student to share the activity with family members and identify someone in their family or the community to express gratitude.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes and reflect on what you are grateful for. How does it make you feel to demonstrate gratitude for the things you appreciate?





Further Study

- Emmons, Robert A. *The Little Book of Gratitude*. Octopus Books, 2016.
- Nathan, Brenda. *The One-Minute Gratitude Journal for Teen*. BrBB House Press, 2020.
- TeensHealth, *Gratitude for Teens*:
<https://kidshealth.org/en/teens/gratitude.html>





Lesson Complete!

