

GRATITUDE

5 PRINTABLE SEL LESSON PLANS



LESSON 1: "WHAT IS GRATITUDE?"

OBJECTIVES

- To introduce the concept of gratitude
- To help students identify things they are grateful for, even in challenging situations

MATERIALS:

- Whiteboard and markers
- "Gratitude ABC" worksheet
- Pencils

INTRODUCTION:

- "Hello, class! Today we're going to talk about a special word: Gratitude. Can anyone tell me what they think 'gratitude' means?"
- "Great thoughts! Gratitude is the feeling of being thankful and appreciating what you have. But did you know that gratitude isn't just about the good things? Sometimes life gives us challenges. And guess what? Challenges are important too!"
- "Challenges help us grow stronger, learn new things, and become better problem solvers. Think about learning to ride a bike. It was tough at first, right? You might have fallen off a few times. But once you learned, it felt amazing! Challenges are like that; they might be hard, but they also help us grow."

WORKSHEET INSTRUCTIONS:

- Pass out the "Gratitude ABC" worksheet to each student.
- "Take a look at this worksheet. Your task is to write something you're grateful for, starting with each letter of the alphabet. It could be a person like your Mom or Dad, an activity you enjoy, or even a challenge you've faced that made you stronger."
- "Here are some examples: For the letter 'A,' you might write 'Art' if you enjoy drawing. For 'B,' you could write 'Basketball' if you love the sport. For 'C,' you might even write 'Challenges,' because challenges help us grow! Don't worry, there's no right or wrong answer. Just think about what makes you feel grateful."

GROUP ACTIVITY: GRATITUDE CIRCLE

- Have students sit in a circle.

Name: _____ Date: _____

★ THANK-YOU LETTER TEMPLATE

Use this template to write a thank-you letter. Consider thanking the people who helped you during tough moments, especially challenges where their support helped you.



Opening: Start by telling them about a time when you felt upset or had a tough moment. How did you feel? How did you get through it?

Body: Now, talk about how their help or kind words made you feel better. How did they help you? How did they treat others?

Name: _____ Date: _____

★ GRATITUDE ABC

Write something you are grateful for, for each letter of the alphabet. Think about personal experiences, or even challenges that helped you grow.

N
O
P
Q
R
S
T

IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@SELPowerPack.com to report any illegal distribution.

Copyright © SELPowerPack.com and Knowledge Spot Inc. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, social media page, forum, etc. even if you include the copyright notice. Images copyright Away With The Pixels, Educlips, Whimsy Clips.

LEGAL NOTICES

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind regarding the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONSULT YOUR PHYSICIAN

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

CONTENTS

Introduction	4
Lesson 1: "What is Gratitude?"	5
Worksheet 1: Gratitude ABC	6
Lesson 2: "Gratitude Jar"	7
Worksheet 2: Daily Gratitude Prompts	8
Lesson 3: "Thank-You Letters"	9
Worksheet 3: Thank-You Letter Template	10
Lesson 4: "Gratitude for Everyday Objects"	11
Worksheet 4: Everyday Gratitude	12
Lesson 5: "Gratitude in Our Community"	13
Worksheet 5: Community Heroes	14



INTRODUCTION

Welcome to our Gratitude Lesson Plans: Cultivating a Thankful Heart!

This unit is thoughtfully designed to guide children aged 5 to 13 through the enriching journey of understanding and practicing gratitude. Focusing on the transformative power of being thankful, our five comprehensive lessons aim to deepen emotional intelligence, enhance well-being, and foster a sense of community. Each lesson comes with age-appropriate objectives, materials, a detailed educator guide, worksheets, engaging group activities, and reflective closing discussion questions.

- ★ **Lesson 1: “What is Gratitude?”** - We begin our series by defining what gratitude is and why it matters. Through interactive exercises, students will explore the different ways to express thankfulness and the impact it has on our lives.
- ★ **Lesson 2: “Gratitude Jar”** - This lesson provides a hands-on approach to practicing gratitude. Students will create their own ‘Gratitude Jars,’ which serve as daily reminders to count their blessings.
- ★ **Lesson 3: “Thank You Letters”** - Recognizing the value of expressing gratitude to others, students will compose ‘Thank You’ letters to individuals who have positively impacted their lives.
- ★ **Lesson 4: “Gratitude for Everyday Objects”** - Often, we take the simplest things for granted. In this lesson, students will learn to appreciate the everyday objects that contribute to their well-being.
- ★ **Lesson 5: “Gratitude in Our Community”** - Taking gratitude beyond the individual level, this lesson encourages students to recognize and appreciate the various aspects that make their community special.

Every lesson starts with clear, kid-friendly objectives and is followed by a list of common classroom materials. The educator guide offers detailed instructions, presenting these gratitude-enriching concepts in a way that resonates with young minds. Worksheets are designed to bolster understanding, and we provide comprehensive instructions to assist educators. Group activities are tailored to promote collaborative learning and the internalization of the concepts. As each lesson concludes, discussion questions encourage deeper reflection and solidify the day’s learnings.

By the end of this unit, our goal is for our young learners to not only understand the concept of gratitude but to integrate it into their daily lives. As they navigate the ups and downs of growing up, we hope they do so with increased emotional resilience, a more positive outlook, and a fortified sense of community. Happy teaching!



LESSON 1: "WHAT IS GRATITUDE?"

OBJECTIVES

- To introduce the concept of gratitude
- To help students identify things they are grateful for, even in challenging situations

★ MATERIALS:

- Whiteboard and markers
- "Gratitude ABC" worksheet
- Pencils

★ INTRODUCTION:

1. "Hello, class! Today we're going to talk about a special word: Gratitude. Can anyone tell me what they think 'gratitude' means?"
2. "Great thoughts! Gratitude is the feeling of being thankful and appreciating what you have. But did you know that gratitude isn't just about the good things? Sometimes life gives us challenges. And guess what? Challenges are important too!"
3. "Challenges help us grow stronger, learn new things, and become better problem solvers. Think about learning to ride a bike. It was tough at first, right? You might have fallen off a few times. But once you learned, it felt amazing! Challenges are like that; they might be hard, but they also help us grow."

★ WORKSHEET INSTRUCTIONS:

1. Pass out the "Gratitude ABC" worksheet to each student.
2. "Take a look at this worksheet. Your task is to write something you're grateful for, starting with each letter of the alphabet. It could be a person like your Mom or Dad, an activity you enjoy, or even a challenge you've faced that made you stronger."
3. "Here are some examples: For the letter 'A,' you might write 'Art' if you enjoy drawing. For 'B,' you could write 'Basketball' if you love the sport. For 'C,' you might even write 'Challenges,' because challenges help us grow! Don't worry; there's no right or wrong answer. Just think about what makes you feel grateful."

★ GROUP ACTIVITY: GRATITUDE CIRCLE

1. Have students sit in a circle.
2. Ask each student to share one item from their "Gratitude ABC" worksheet with the group.
3. After a student shares, the group will say, "Thank you for sharing," in unison.
4. Rotate until everyone has had a chance to share at least once.
5. Discuss the variety of things people are grateful for, especially challenges.

★ CLOSING DISCUSSION QUESTIONS:

1. What was the easiest letter to find something to be grateful for? Why?
2. What was the most surprising thing someone else was grateful for?
3. How did it feel to share something you're grateful for, especially a challenge?

Name: _____ Date: _____

GRATITUDE ABC

Write something you are grateful for, for each letter of the alphabet. Think about personal achievements, family, friends, or even challenges that helped you grow.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____



LESSON 2: “GRATITUDE JAR”

OBJECTIVES

- To create a tangible way for students to express gratitude regularly
- To practice mindfulness through focusing on positive thoughts, including challenges faced

★ MATERIALS:

- Mason jars or small plastic cups
- Colored paper strips
- Markers
- Stickers, ribbons, glitter, buttons, beads or other items for decorating jars

★ INTRODUCTION:

1. “Hello everyone! Do you remember what we talked about last time? That’s right...gratitude! Today, we’re going to make something special: a Gratitude Jar.”
2. “This jar will serve as a reminder for us to be thankful every day. But guess what? This jar is not just for the good days. It’s for the challenging days, too. Because challenges, like losing a game or having a tough math problem, are opportunities for us to grow and learn.”
3. “Challenges may not feel good at the moment, but they help us to become more resilient, better at solving problems, and even thankful for the opportunity to improve. So when you face a challenge, remember it’s helping you grow!”

★ WORKSHEET INSTRUCTIONS:

1. Hand out the “Daily Gratitude Prompts” worksheet to each student.
2. “Look at your worksheet. You’ll see a prompt for each day of the week. For example, today’s prompt could be ‘Name one person who made you smile today.’ Write down your answer on the sheet.”
3. “You could also include challenges you’re grateful for. Maybe you were frustrated with a difficult puzzle, but solving it felt great! Feel free to write about those experiences too.”

★ GROUP ACTIVITY: JAR DECORATION

1. Provide each student with a jar or cup and decorating materials.
2. Instruct students to decorate their jars in a way that makes them happy.
3. Allow 15 minutes for decorating.
4. After decorating, ask students to write one thing they’re grateful for on a paper strip and place it in their jar.
5. Share what they wrote, if comfortable.

★ CLOSING DISCUSSION QUESTIONS:

1. How did it feel to focus on something positive today?
2. What will you do with your Gratitude Jar?
3. Can you think of a time when a challenge ultimately led you to feel grateful?

Name: _____ Date: _____

DAILY GRATITUDE PROMPTS

Each day for a week, pick a prompt and write down what you're grateful for. It could be a simple joy or a challenge you've overcome.



MONDAY: What's one thing that made you smile today, and why did it have that effect on you?



TUESDAY: Think of a person you interacted with today. What's something you appreciate about them?



WEDNESDAY: Reflect on a challenge you faced today. What did it teach you, and why are you grateful for that lesson?



THURSDAY: What's a small comfort or luxury you enjoyed today that you might sometimes take for granted?



FRIDAY: As the week winds down, what are you most looking forward to about the upcoming weekend and why?



SATURDAY: Think about your surroundings. What's something in nature or your environment you're particularly grateful for today?



SUNDAY: Reflect on the past week. What was a moment that brought you peace or joy, and why do you cherish it?



LESSON 3: “THANK YOU LETTERS”

OBJECTIVES

- To practice expressing gratitude towards others in written form
- To explore how challenges can deepen our appreciation for others

★ MATERIALS:

- Paper
- Envelopes
- Pencils or pens
- Stamps (optional)

★ INTRODUCTION:

1. “Hello class! Do you remember our Gratitude Jars from last time? Today, we’re going to focus on showing gratitude towards others by writing thank you letters.”
2. “It’s easy to say ‘thank you’ for gifts or fun times, but sometimes the most important things to be thankful for come from overcoming challenges. Perhaps someone helped you through a difficult task or stood by you when you were struggling.”
3. “When we face challenges, it often highlights how important our support systems are. By writing thank you letters today, we’re not just saying ‘thank you’ for the good times, but also for the hard times that help us grow.”

★ WORKSHEET INSTRUCTIONS:

1. Distribute the “Thank You Letter Template” worksheet to each student.
2. “On this worksheet, you’ll see sections that help you write your thank you letter. In the ‘Body’ section, don’t forget to mention specific instances where you felt grateful. It can be a joyful experience or a challenge you faced.”
3. “For example, you could write, ‘I am especially thankful for the time you helped me with my science project. It was a big challenge for me, and your support made a difference.’”

★ GROUP ACTIVITY: LETTER WRITING SESSION

1. Ask students to think of a person they’d like to thank.
2. Instruct them to use the worksheet as a guide to write a more complete, detailed letter.
3. Play soft, instrumental music to create a serene atmosphere for writing.
4. Allow 20-25 minutes for letter writing.
5. Invite volunteers to share parts of their letter if they feel comfortable.

★ CLOSING DISCUSSION QUESTIONS:

1. How did it feel to write down your feelings of gratitude?
2. Was it easier to think of things to be grateful for when you considered challenges?
3. What’s the next step for your letter? Will you deliver or mail it?

Name: _____ Date: _____

THANK YOU LETTER TEMPLATE

Use this template to write a thank you letter. Consider thanking the person for specific moments, especially challenges where their support helped you.



Opening: Start by telling them about a time when you felt upset or had a tough day. Talk about when they helped or were kind to you.

Body: Now, talk about how their help or kind words made you feel better. Share one thing you really like about how they act or treat others.

Closing: End your letter by saying how lucky or happy you feel to have them. Finish by saying a big “thank you” for their help or kindness.



LESSON 4: “GRATITUDE FOR EVERYDAY OBJECTS”

OBJECTIVES

- To help students recognize and appreciate the simple, everyday objects that make their lives easier or more enjoyable.
- To instill a sense of mindfulness and gratitude for things often taken for granted.

★ MATERIALS:

- “Everyday Gratitude” worksheet
- A bag filled with common household items (e.g., a spoon, a book, a light bulb)
- Whiteboard or chalkboard
- Markers or chalk

★ INTRODUCTION:

1. “Good morning/afternoon, everyone! How many of you have ever stopped to think about how incredible a pencil is or how useful a chair can be? These are everyday objects, and today, we’re going to explore why we should be grateful for them.”
2. “Being thankful isn’t just about big things like family, friends, or special events. It can also be about the small things that make our day a little easier or a little brighter.”
3. “Let’s find out how paying attention to these simple things can make us feel happier and more grateful every day.”

★ WORKSHEET INSTRUCTIONS:

1. Distribute the “Everyday Gratitude” worksheet to each student.
2. “On this worksheet, you have space to draw an everyday object that you’re thankful for. On the other side, write a few sentences about why you appreciate it.”
3. “Think about things you use every day—like a toothbrush, your school bag, or even your shoes. What makes them special to you?”

★ GROUP ACTIVITY: EVERYDAY OBJECTS SHOW AND TELL

1. Pull out one item at a time from the bag filled with common household items.
2. Show it to the class and ask them to think about why this object could be important or useful.
3. After discussing a few objects, ask the students to share what they wrote or drew on their “Everyday Gratitude” worksheet.

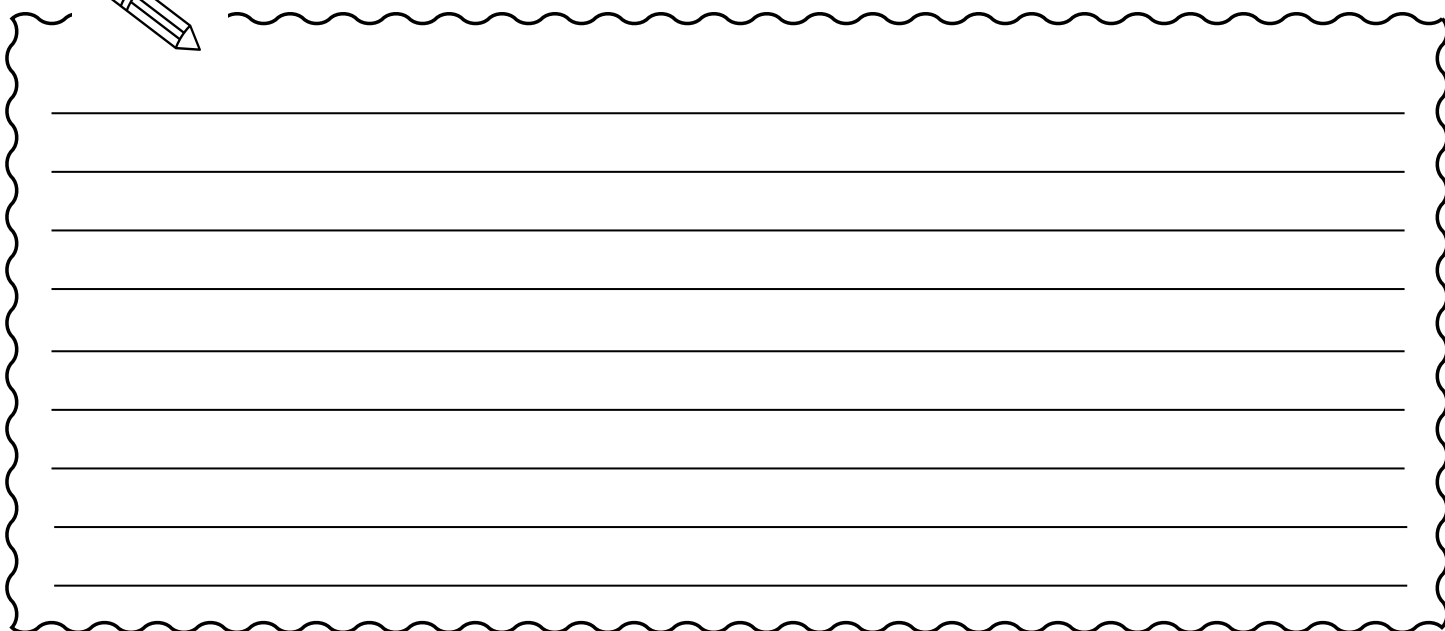
★ CLOSING DISCUSSION QUESTIONS:

1. How did focusing on an everyday object make you feel about your day?
2. Were you surprised by what some of your classmates chose as their everyday objects? Why or why not?
3. What’s one object you’ll look at differently now, knowing that it has value in your life?

Name: _____ Date: _____

EVERYDAY GRATITUDE

Think about an everyday object that you're grateful for. Draw a picture of it and write a few sentences explaining why you're thankful for it.

A large rectangular area with a wavy border, intended for drawing a picture of an everyday object.A large rectangular area with a wavy border and horizontal lines, intended for writing sentences explaining why the object is grateful for.



LESSON 5: “GRATITUDE IN OUR COMMUNITY”

OBJECTIVES

- To recognize the efforts of people in our community who contribute to our well-being
- To understand the importance of expressing gratitude for both visible and behind-the-scenes contributions in a community

★ MATERIALS:

- “Community Heroes” worksheet
- Large drawing paper or poster board
- Colored markers, crayons, or pencils
- Magazines, newspapers (optional)
- Glue sticks (optional)
- Scissors (optional)

★ INTRODUCTION:

1. “Today we’re going to discuss something really special—our community. We all live in a community where different people play important roles. From firefighters and doctors to grocery store clerks and bus drivers, many people help us in different ways.”
2. “Sometimes the contributions of these individuals might seem like challenges. For instance, a strict teacher or a parent setting rules. But remember, they’re doing it for our benefit.”
3. “Today’s lesson is about acknowledging and being grateful for all these wonderful people around us, including those whose work may be behind the scenes but is just as important.”

★ WORKSHEET INSTRUCTIONS:

1. Hand out the “Community Heroes” worksheet to each student.
2. “In this worksheet, you can list people in our community who you’re thankful for. You also have a space to write what specifically makes you thankful for them.”
3. “Remember, the people you list can include those who provide challenges for you. Maybe a crossing guard who insists on safety might make you impatient, but they’re keeping you safe. Think broadly!”

★ GROUP ACTIVITY: COMMUNITY GRATITUDE MURAL

1. Provide large drawing paper or poster boards and art supplies.
2. Divide the class into small groups.
3. Assign or let each group choose a community role (e.g., healthcare workers, teachers, sanitation workers).
4. Instruct each group to create a portion of a mural that represents their gratitude for the people in the assigned roles.
5. Once completed, combine all portions to form a “Community Gratitude Mural.”

★ CLOSING DISCUSSION QUESTIONS:

1. How did creating the mural make you feel about your community?
2. Was it easy or challenging to think of contributions you’re thankful for? Why?
3. Did this activity change how you feel about anyone in your community?

Name: _____ Date: _____

COMMUNITY HEROES

List five people in your community you are grateful for. Next to each, write down what they do that you are thankful for, even if it's a challenging interaction.

	COMMUNITY HERO	WHAT THEY DO	WHY I AM THANKFUL
1			
2			
3			
4			
5			