



# List 10 things you are grateful for.

Art by Elijah, age 11, California, USA



## Get Inspired

### Quote

"When you look at life through the eyes of gratitude, the world becomes a magical and amazing place!"

Jennifer Gayle

### Fact

Expressing gratitude has many positive effects including decreased anxiety and increased happiness.



## Shake It Up

Pretend to jump rope for 30 seconds.

"I am thankful for \_\_\_\_\_. (YOU get to fill in the blank!)"



## Talk It Out

1. Think of a time when someone thanked you for doing something kind for them. How did it make you feel?
2. Think about nature and all the beautiful things outside. What are some things outside you most appreciate?
3. Think about your family. What are some things you most appreciate?
4. Why is it important to focus on things for which we are grateful?



## Do It!

1. Write or draw 10 things you are grateful for on a piece of paper.
2. Share it with your classmates.
3. Discover other students who are grateful for similar things.

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## SEL Competencies

### Self-Management

Regulating one's emotions

### Self-Awareness

Relating feelings and thoughts to behavior

### Relationship Skills

Working cooperatively

## Timeframe

15 – 30 min

## Materials Required

Paper

Colored pencils

Crayons, markers or Google Slides



## Get Inspired

### Quote

Invite a student to read the quote.

### Fact

Giving compliments doesn't only make others feel great. It also enhances our own self-confidence.

**Source:** PositivePsychology.com



## Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up and pretend to jump rope for 30 seconds. When they are done with the activity, have them say, "I am thankful for \_\_\_!" Invite students to fill in the blank with what they are personally thankful for.



## Talk It Out

Encourage your students to reflect on the provided questions.

1. Think of a time when someone thanked you for doing something kind for them. How did it make you feel?
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4. Why is it important to focus on things for which we are grateful?



## Do It! (as a class)

1. Invite students to write or draw 10 things they are grateful for on a piece of paper. (Encourage them to use borders around the edges of their image and bright colors to make the list "pop").
2. Encourage students to share their list out loud and discover things they have in common with their classmates.
3. Optionally, create a class gratitude book, slide presentation, or take a picture of everyone's gratitude list and share with parents.