

LESSON 10

GRATITUDE CHAIN

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Gratitude Chain

I am grateful for...



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Victorian Curriculum

PERSONAL AND SOCIAL CAPABILITY

Self-Awareness and Management

- **Recognition and expression of emotions** - Develop a vocabulary and practise the expression of emotions to describe how they feel in different familiar situations.

Social Awareness and Management

- **Collaboration** - Name and practise basic skills required to work collaboratively with peers.

VISUAL ARTS

Present and Perform

- Create and display artworks.

Learning Intentions:

- To understand what gratitude means.
- To recognise some big things they are grateful for.
- To identify some smaller things they are grateful for today.

Resources:

- Butchers paper or whiteboard (for brainstorming).
- Coloured strips of paper where the students can write and draw, (enough for three each).
- Stapler.
- Coloured pencils.

Outline:

Activity 1: Questions (5 mins)

- Ask the students and brainstorm their responses: Does anyone know what 'gratitude' means? If we were to make a definition for 'gratitude', what do you think it should be?
- Examples:
 - Gratitude means a feeling of deep appreciation.
 - Gratitude means being thankful, showing appreciation for kindness and showing kindness in return.
 - Gratitude is about love, joy, thankfulness, appreciation, pleasure and happiness.
 - Gratitude is about giving thanks.

Activity 2: Brainstorm (5 mins)

- Ask the students and brainstorm their responses: What sorts of things are you grateful for?

Activity 3: Workbook Activity (10 mins)

- Students choose one thing from the brainstorming session to write in their student workbook. They then draw a picture to match.

Activity 4: Class Discussion (5 mins)

- Discuss the difference between being grateful for big things, like our mum and dad, our teacher, our friends, and our house, compared with being grateful for something that may have happened today, like walking to school this morning (when they normally drive), spending some time with their buddy, the sunny weather or the rain for the plants, or having their favourite for lunch today.
- See if the students can add to the brainstorm things they are particularly grateful for today.

Activity 5: Gratitude Chain (15 mins)

- Give the students three coloured strips of paper and ask them to write and/or draw three things that they are grateful for today/or simply three things they are grateful for.
- When students have finished, create a class gratitude chain by looping the paper together and stapling to form a chain. Display it in the classroom.