Gift Of Gratitude –Lesson Plan

Anytime Activity: 

For ages 6-18

Supplies:

* A copy of the “thought starters” for each student
* Box, bag or jar to decorate and or wrap

Objective: Students will use the chart provided to write gratitude notes in, or use Microsoft Word, or other word processing program, to create gratitude messages. They will then fill a box or paper bag with their messages and give them to a relative, friend, teacher, coach, etc.

This is an anytime activity but certainly can be used for holidays such as mother’s day, father’s day, Thanksgiving, December Holiday.

INSTRUCTIONS:

1. Give each student the Gift of Gratitude handout.
2. Read aloud to the class (or have students read) some samples of notes of gratitude from the handout to provide thought starters to the students. These are meant to be idea- producing suggestions for authentic messages. Students should be reminded that the more personal and specific a message is, the more meaning it will have. Emphasize how touched others will be when they are given this special gift.

**Consider writing one personal note-of-gratitude to each student to help them understand how meaningful expressing gratitude can be.**

1. Ask the students to decide whom they will be giving the “Gift of Gratitude” to. Ask them to give great thought to why they have chosen that person as it will help them to write the notes.
2. Have the student use the handout to create and write notes-of-gratitude, or ask them to create their own notes at home on colored paper or designs of their choice. The number of notes should not be less than 10 but certainly can exceed that.
3. Notes-of-gratitude can be reviewed for spelling and grammar prior to presentation to the recipient.
4. The students are asked to decorate or wrap the Gifts-of-Gratitude. Boxes or bags can be decorated with anything from markers to cloth, paper, newsprint, ribbon and stickers. A simple solution (for younger students) can be for teachers to create labels beforehand that include “To” and “From” so students can just write names on with pen.
5. Present the Gifts-of-Gratitude.

 

(Attachment for students is on the following page)

                 Gift of Gratitude

A Gratitude Gift is a collection of notes you create and put in a box, bag or jar to share with someone you would like to show appreciation for.

Don’t know what to write? Following are just a few suggestions to help you create some genuinely heartfelt notes for a special person. Try to be specific—it will add a lot more value to the messages. Gifts-of-Gratitude are a wonderful expressive gift—and LOVED by those who receive them!



**Gratitude Thought starters:**

* A nice quality about the person—loving, fun, cheerful, kind, devoted, smart, humorous

“Mr. Henry, thank you for being such a kind neighbor and helping my mom shovel snow in the winter.”

* A fond memory of something you did together 

“Jimmy, you are a great friend. I will never forget the time we spent to our first MBL game together. We didn’t catch and fly balls, but the hot dogs and company sure were great.”

* Something nice they did for you.

“I will never forget the time you saw me walking in the snow and drove me home even though that made you late for your appointment.”

* A funny memory.

“I am so grateful for all the belly laughs we had together, like the time you showed me that hilarious YouTube video.”

* A hard time they helped you get through.

“Thank you for being such a good friend to me when Fido died. He was a great friend and so are you.”

* How much they mean to you.

“Mom, I may not tell you enough but your love and support means a lot to me, and I am very grateful for it and you. Thank you for taking me to all my sports events and being there to cheer me on.”

* A favorite holiday.

“My favorite holiday is Christmas. I am grateful to spend each Christmas with you and the family tradition of decorating the tree together.”

* A favorite birthday.

“I am so grateful for you helping to make my 10th birthday the best ever. My Survivor birthday party was the best ever.”

* Appreciation for helping you with school.

“I haven’t always had the easiest time in school. Thank you for helping me with your patience and understanding. When I write letters now I think of the help you gave me with true gratitude.”

* Thanks for how much they love you.

“I know you really love me, and I am truly grateful for that. I love you too.”

* What it means to have them in your life— feeling safe and loved, good role models, comforting to be with, fun to be with, etc.
* Taking care of you during a particular illness  or injury—getting medical care for you, sit- ting by your side, staying home from work to be with you, taking your temperature, etc.
* Letting you have a pet or pets (use your pets’names). Supplying your pets with food and veterinary care.
* Gratitude for life lessons they helped you learn. Gratitude for time spent together. Gratitude for recognizing qualities in you.
* Thanks for food—a favorite meal Clothing—a special outfit or piece of clothing Gifts—a certain piece of jewelry, game, stuffed animal, etc.  Providing shelter.
* Driving you to sports, school, friends’ houses, etc.
* A nice family tradition that someone goes out of their way to provide.
* Being patient with something.
* Being understanding about a certain event.
* Taking extra time to help you with something (school work, cleaning your room, a special project, improving a sport, artistic, or musical skill, etc.)
* Showing happiness for your happiness. Sharing your sadness in a comforting wa