

Gratitude



Official Education Partner




Aim

- I can discuss things I am thankful for and I can focus on the things I do have, rather than the things I do not have.

Success Criteria

- I can name things I am thankful for.
- I can show my gratitude in different ways.
- I understand that being thankful makes me and others happy.



The Big Questions

Saying Thank You



How can we be thankful for the things that we have?

In small groups discuss the questions above.

How can being thankful help to make us happy?

Saying Thank You



When was the last time you said thank you?

Why do we say thank you?

Tell your partner some things that you thank others for.

Thank you!

Saying thank you makes us and the other person feel good!



Being Grateful



What does being grateful mean?



If you appreciate things, it means you are pleased when you think of all the things you have and you realise how lucky you are.

Being grateful (or thankful) means that you appreciate things you have in your life, including the people you have around you.



Being Grateful



Can you think of five things you are grateful for?

List them while counting on your fingers.



Was it easy to think of five things you are grateful for, or was it difficult?

Being Grateful



How can we be grateful, or thankful, towards others?



Being Grateful



How can we be grateful, or thankful, for what we have?



We can enjoy
what we have;

we can think about
those who are not
as lucky as we are;



we can look after
what we have.

Thankful People are Happy People



How can being thankful make you happy?



Thankful People are Happy People



If we think positive thoughts, we feel happier.

If we think negative thoughts, we don't feel so good.

If we focus on the things we have and think how lucky we are, we will feel good, because this is a positive thought.

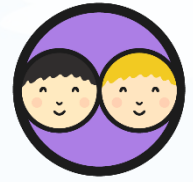


If we think about all the things we don't have, we will feel miserable all the time, as this is a negative thought.



How does being thankful make us happier?

Thankful People are Happy People



Think carefully about this quote...

Happiness isn't about getting what you
want all the time.
It's about loving what you have and
being grateful for it.

Can you explain what it means to
your partner?

I am Thankful For...



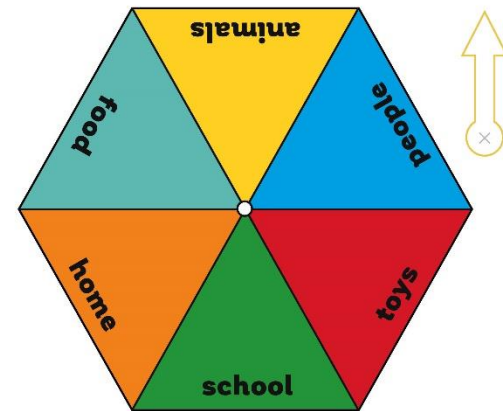
It's time to play a game, which you can play in pairs.

You are each going to make a spinner using a pencil and a cut out hexagon shape.

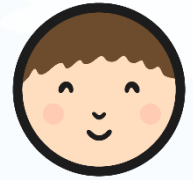
You take turns to spin your spinner and see what it lands on. Then think of something you are thankful for in whichever category it lands on.

Be Thankful Spinner

1. Carefully cut out the spinner and arrow on this sheet.
2. Push a pencil through the middle of the arrow and then the spinner, with a piece of modelling clay underneath.
3. Push the split pin through the hole in the arrow and then into the hole in the spinner, being care as you fold back the pieces of the split pin to secure it.
4. Now, spin the arrow to see what you land on.
5. If you land on home, tell your partner something that you are thankful for at home, or if you land on people, tell your partner a person you are thankful to have in your life. Take turns with your partner and have as many goes as you have time for.



Thank You For the Memories



Even when a time we have enjoyed has ended, or a guest has had to leave, if we have lost a toy we used to love, or a family pet has sadly died, we can still be thankful for the memories we have.

Close your eyes and think carefully about a lovely memory you have about a special time, a special place, or a special person.



Choose a happy memory and think how lucky you are to still have that memory.

Be thankful for that special person, place, or time.