

Gratitude Lock Up

Grade Three & Four

Gratitude

The goal of Gratitude Lock Up is to reflect on and collect positive moments or things you're grateful for throughout the year. By writing down weekly notes of gratitude and placing them in a jar, participants will build a collection of happy memories that can be shared and celebrated at the end of the year.



Learning Intentions

I can practice gratitude by reflecting on and recording positive moments in my life:

This encourages students to regularly reflect on and appreciate the good things, big or small, that happen throughout their week.

I can build a habit of appreciation by setting aside time each week to write about something positive:

By dedicating time each week to reflect on something meaningful, students develop the habit of gratitude.

I can share my thoughts and memories with others, fostering a positive and supportive environment:

Sharing these moments helps build connection and fosters a sense of community, whether in a classroom, family, or workplace setting.



Success Criteria

I can write a weekly note of gratitude:

Students will actively participate by writing a note each week that reflects something they are thankful for or a positive experience.

I can reflect on the positive moments in my life and share them with others:

Students will engage in reflecting on their gratitude and then share these notes, helping to foster a positive environment.

I can be consistent and contribute to the 'lock-up' every week:

Students will demonstrate consistency in contributing to the jar, helping to create a collection of gratitude moments that can be revisited at the end of the year.



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Objective:

The goal of *Gratitude Lock Up* is to reflect on and collect positive moments or things you're grateful for throughout the year. By writing down weekly notes of gratitude and placing them in a jar, participants will build a collection of happy memories that can be shared and celebrated at the end of the year.

Players:

- Suitable for individuals, small groups, or large teams (classroom, family, workplace).
- Ideal for use in classrooms, homes, or work settings.

Materials:

- A glass jar or bucket with a lid (for the "lock-up").
- Cut-up pieces of paper (enough for weekly notes).
- Pens (for writing notes).
- Envelope, plastic pocket or zip lock bags (optional, depending on how you choose to collect the notes)

Setup:

1. Provide each participant with a piece of paper and a pen.
2. Ensure there is a jar or container available for everyone to add their gratitude notes throughout the year.
3. Explain the rules of the game and emphasize the importance of reflecting on something positive each week.
4. Optional - if choosing to collect all the notes in one jar you won't need this step. If choosing to collect the notes individually for students you will need to provide an envelope, plastic pocket or zip lock bag for each student.

Gameplay:

1. Write a Note of Gratitude:

At the start of the game (preferably in the first week of February or start of the school year), each student writes down something they are thankful for or a positive experience they had during the previous week or over the school holidays. It could be anything from a kind gesture to a significant achievement or even a simple act or holiday memory that made them happy.

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2. Place it in the Jar:

After writing the note, the player places it in the "lock-up" (the jar or bucket or envelope). This is done every week, either as an individual or as part of a group, ensuring the jar is filled with gratitude notes by the end of the term, semester or year. If using one communal jar or bucket ensure students write their names on their notes.

3. Weekly Reflection:

Each week, students take a few minutes to write their note of gratitude. This could be done individually, in pairs, or in small groups. It's important to reflect on something meaningful from the week. We recommend creating a specified time each week in your timetable to complete this so that the students (and yourself) know when it needs to be completed each week.

4. End of Year Review:

At the end of the year, students will open the jar and read the notes that were placed inside. This is a time to reflect on all the positive experiences and moments from the year, helping to build a sense of accomplishment and positivity.

This can be done in a fun way, have students or yourself pick a random note out and read it out to the class, you can then either guess whose note it was or ask the students to put their hand up if it was their note (if you can guess the right student or the student can't remember if it was theirs this is where the names on each note comes in handy!).

Winning the Game:

- There is no competitive element to this game; instead, the "win" comes from the collective sense of gratitude and shared reflection at the end of the year.
- The reward is the opportunity to reflect on 52 positive memories that can inspire happiness and appreciation. These are a beautiful thing to send home in students folio's for their families to read and enjoy.

Variations for Different Settings:

1. Modified Edition:

Adapt the activity by using pictures or drawings for younger children who may find it easier to express gratitude visually.

2. Classroom Edition:

Use the Gratitude Lock Up as a weekly class activity. Each student can contribute a note and, at the end of the year, you can have a class session where students share their favorite gratitude notes with each other.

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3. Family Edition:

For families, this activity can be done during family meals or meetings, and at the end of the year, families can read the notes together as a way to bond and celebrate the positive moments that happened throughout the year.

Additional Notes:

- Gratitude Lock Up is an engaging and reflective activity that encourages consistent self-awareness of the positive moments in life.
- It's a simple yet powerful way to promote emotional well-being, gratitude, and social connection in a variety of settings.
- By regularly reflecting on and celebrating achievements, big or small, students, families, or teams can cultivate a mindset of appreciation and positivity.

