

# My Gratitude List

Grade Three & Four



**To encourage students to reflect on different aspects of their lives they are grateful for, promoting a positive mindset and fostering emotional well-being.**



## Learning Intentions

**I can reflect on and identify things I am grateful for in my life:**

This encourages students to actively reflect on positive aspects of their day, promoting mindfulness and gratitude.

**I can express why I am grateful for certain people, experiences, or qualities:**

This helps students practice self-awareness by identifying the deeper reasons behind their feelings of gratitude.

**I can recognise how practising gratitude improves my emotional well-being:**

This teaches students how gratitude positively impacts their mood and mindset, fostering a more positive outlook on life.



## Success Criteria

**I can write down five things I am grateful for today:**

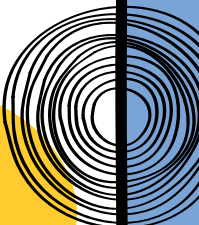
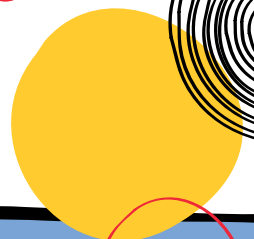
This ensures students engage in the process of identifying things they appreciate in their lives.

**I can explain why I am grateful for each item on my list:**

This demonstrates deeper reflection by encouraging students to connect their gratitude to specific reasons or experiences.

**I can reflect on how practising gratitude makes me feel:**

This helps students understand the emotional benefits of gratitude, recognising how it can contribute to their overall happiness.



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## Objective:

To encourage students to reflect on different aspects of their lives they are grateful for, promoting a positive mindset and fostering emotional well-being.

## Players:

Individual reflection, ideal for use in classrooms or at home.

## Materials:

- Paper
- Pen or pencil

## Setup:

Provide each student with paper and a writing instrument. Encourage a quiet, reflective space where students can think deeply about their gratitude list. Discuss all things gratitude first as a whole class. Stretch their knowledge on this topic and expand beyond just being grateful for material possessions. Students should learn to focus their gratitude on others, how they have the opportunity to impact on others in a positive way, what they have coming up in the future that they can look forward to, grateful for new challenges they may face and learn new skills or knowledge from.

## Activity:

### 1. Write Down Five Things You Are Grateful For:

Ask students to think about five things they are thankful for today. These could include people (e.g., family, friends), experiences (e.g., a fun activity or event), personal qualities (e.g., kindness, creativity) or an opportunity they have to make a positive difference in another person's day (e.g., sharing something or helping them with a task).

### 2. Explain Why You Are Grateful for Each Item:

For each of the five things, students should write a short explanation of why they are grateful for it. This encourages deeper thinking and emotional connection to their gratitude.

### 3. Reflect on How Gratitude Helps You Feel Better:

After completing the list, ask students to reflect on how practising gratitude makes them feel. Encourage them to think about a situation where being thankful made them feel happier.

## Reflection Prompt:

- How does practising gratitude help you feel better?
- Can you think of a situation where being thankful made you feel happier?
- Why is it important to focus on the positive things in our lives?



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## Winning the Game:

There is no winner in this activity. The goal is to reflect on positive aspects of life, develop a gratitude practice, and understand how it contributes to emotional well-being.

## Family or Modified Variation:

In a group setting, students can share their gratitude lists with a partner or the class. This helps promote connection and understanding while also reinforcing the importance of gratitude in different contexts.

## Additional Notes:

My Gratitude List helps students cultivate a positive mindset by reflecting on the good things in their lives. By identifying and explaining the reasons behind their gratitude, students deepen their understanding of their emotions and learn how gratitude can enhance their mood and well-being. This activity also fosters a culture of appreciation, encouraging students to recognise the value in everyday experiences and relationships.

