

Gratitude Rainbow

WRITTEN

To encourage students to recognise and express gratitude for the different aspects of their lives, fostering a positive attitude and appreciation for the world around them.



Learning Intentions

I can recognise and appreciate the different aspects of my life:

This helps students reflect on what they are grateful for in various areas of their lives, from family to friends to activities.

I can express gratitude creatively through drawing and writing:

This encourages students to use their creativity to visually and verbally express what they are thankful for.

I can reflect on how gratitude makes me feel:

This helps students understand the emotional benefits of focusing on gratitude and encourages them to develop a positive mindset.



Success Criteria

I can identify one thing I am grateful for in each colour of the rainbow:

This ensures that students engage with the task by reflecting on a variety of aspects of their lives that bring them joy.

I can express my gratitude through drawing or writing:

This demonstrates creativity and helps students practice expressing their feelings through art and words.

I can reflect on how gratitude makes me feel and think of additional things to be thankful for:

This helps students recognise the positive emotions that come from focusing on gratitude and encourages further reflection.



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Objective:

To encourage students to recognise and express gratitude for the different aspects of their lives, fostering a positive attitude and appreciation for the world around them.

Players:

Ideal for individual reflection, small groups, or classrooms.



Materials:

- Paper
- Crayons, markers, or pens

Setup:

Provide each student with a piece of paper and access to crayons, markers, or pens. If possible, create a colorful space where students can create their gratitude rainbows.

Activity:

1. Draw Your Rainbow:

Have the students draw a rainbow with six colours (or more, if desired). Each colour will represent something they are grateful for.

2. Write or Draw Gratitude for Each Color:

Ask the students to think about one thing they are grateful for in each section of the rainbow. For example, the red section could represent family, orange could represent friends, yellow could be for favorite activities, and so on. They can either write or draw something that represents each aspect of gratitude.

3. Reflect on Gratitude:

After completing the rainbow, ask the students how focusing on gratitude makes them feel. Encourage them to think of one more thing they are thankful for that they can add to their rainbow.



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Reflection Prompt:

- How does focusing on gratitude make you feel?
- Can you think of one more thing you're thankful for today?
- Why is it important to think about the things we are grateful for?

Winning the Game:

There is no winner in this activity. The goal is to reflect on and celebrate the positive aspects of life, helping students develop a gratitude practice that contributes to their overall well-being.

Family or Classroom Variation:

In a group setting, students can share their gratitude rainbows with each other. This encourages group bonding and fosters a positive, supportive environment. You can also create a "Gratitude Wall" where each student adds their rainbow to create a colorful display of collective gratitude.

Additional Notes:

Gratitude Rainbow helps students develop an appreciation for the good things in their lives. By associating each colour with a different area of gratitude, students learn to focus on the many positive aspects of their world. This activity promotes a positive mindset, encourages self-expression, and enhances emotional well-being.

