



GRATITUDE



To help students practice gratitude, enhance social sharing, and improve communication skills by sharing what they are thankful for in a group circle. This activity promotes a positive atmosphere where students can connect through expressions of gratitude.



Learning Intentions

I can practice gratitude by thinking about and sharing the things I am thankful for:

This encourages students to focus on the positive aspects of their lives and recognise the importance of expressing appreciation.

I can develop social sharing skills by sharing my thoughts and feelings with the group:

This promotes communication and helps students become more comfortable expressing their emotions in a group setting.

I can improve my listening skills by paying attention to what others are thankful for and reflecting on their thoughts:

This enhances empathy and active listening, allowing students to engage meaningfully with their peers' expressions of gratitude.



Success Criteria

I can think of something I am thankful for and share it with the group:

This ensures that students actively engage in the reflection process and contribute to the group's collective gratitude.

I can listen to what others are thankful for and reflect on their expressions of gratitude:

This encourages empathy and promotes a sense of connection and understanding among students.

I can participate in the group activity by contributing to the list and reviewing it at the end:

This fosters a sense of community and shared appreciation, helping students connect with one another and feel valued.



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Objective:

To help students practice gratitude, enhance social sharing, and improve communication skills by sharing what they are thankful for in a group circle. This activity promotes a positive atmosphere where students can connect through expressions of gratitude.



Players: Ideal for 4-20 students.



Materials:

- Large sheet of paper or whiteboard.
- Markers or pens for the teacher to write down the students' responses.

Time Required: 10-15 minutes.



Setup:

Gather the students in a circle, ensuring everyone can hear each other. Have a large sheet of paper or a whiteboard ready for the teacher to write down what each student shares.

Ensure students understand the objective is to share something they are grateful for, whether big or small.

Gameplay:

1. Introduce the Activity:

Explain to the students that they will each share one thing they are thankful for. It could be something personal, like a family member or pet, or something broader, like nature or a good friend. The teacher will write down everything the group shares on a large sheet of paper for everyone to see.

2. Start the Sharing:

Ask each student to take a turn and share something they are thankful for. As each student shares, the teacher writes their response on the large sheet of paper or whiteboard.

Encourage students to speak clearly and reflect on their choices before sharing.

3. Encourage Reflection:

After each student shares, take a moment to reflect on their gratitude. Encourage the group to listen attentively to each response. You might prompt the group with questions like, "Why are you thankful for that?" or "How does that make you feel?"

4. Review the List:

Once everyone has shared, take time as a group to review the list of things everyone is thankful for. You can read the items aloud and ask students to reflect on any common themes or new things they are thankful for that they hadn't considered before. Discuss how it feels to have so many things to be thankful for.





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5. Celebrate Gratitude:

End the activity by emphasising the importance of gratitude and how sharing positive thoughts can help strengthen the community. You can invite students to think of more things they are thankful for and add to the list as a class over time.

Winning the Game:

There is no winner in this activity. The goal is for students to practice gratitude, share positive thoughts, and connect with one another through expressions of thankfulness. Success is measured by participation, engagement, and the creation of a positive, supportive environment.

Family or Classroom Variation:

In a family or classroom setting, you can create a "Gratitude Wall" or a bulletin board where the list of shared thankfulness can be displayed and added to over time. Students or family members can continue contributing to the list each week to reinforce the practice of gratitude.

Additional Notes:

"I Am Thankful For..." is a simple and effective way to promote gratitude and create a positive classroom environment. It fosters open communication, helps students connect emotionally, and encourages active listening. This activity can be used regularly to cultivate a culture of appreciation and support within the group.

