

Gratitude Letter to a Friend

GRATITUDE

To help students practice gratitude, enhance writing skills, and encourage kindness by writing or dictating a letter to a friend or family member, expressing appreciation for them. This activity promotes positive relationships and effective communication.



Learning Intentions

I can practice gratitude by thinking about why I am thankful for a friend or family member and expressing it in a letter:

..... This helps students focus on the positive relationships in their lives and appreciate the kindness of others.

I can develop my writing skills by composing a letter to a friend or family member, expressing my thoughts clearly and kindly:

This encourages students to practice writing in a meaningful way, while focusing on expressing appreciation.

I can practice kindness by sharing my gratitude with others through a heartfelt letter:

This reinforces the value of kindness and the positive impact that expressing appreciation can have on relationships.



Success Criteria

I can write or dictate a letter that clearly expresses why I am thankful for my friend or family member:

This ensures that students are engaging in thoughtful reflection and writing a clear, heartfelt message.

I can express my feelings of gratitude by explaining what makes my friend or family member special:

This helps students reflect on specific qualities or actions that they appreciate, reinforcing self-awareness and emotional connection.

I can share my letter with the class or deliver it to the person I wrote it for, spreading kindness and appreciation:

This encourages social sharing and provides an opportunity to practice giving and receiving kind messages.



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Objective:

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Players: Ideal for 4-20 students.

Materials:

- Paper and pens or pencils for writing.
- Optional: Envelopes, stickers, or decorations for personalizing the letter.
- Optional: Teacher assistance for dictating letters if needed.

Time Required: 15-20 minutes.

Setup:

Ensure students have a comfortable space to write their letters, with enough materials like paper, pens, and crayons or stickers for decoration. If some students need help with writing, provide assistance or offer the option of dictating the letter.

Gameplay:

1. Introduce the Activity:

Explain to students that they will be writing a gratitude letter to a friend or family member. The letter will express why they are thankful for that person and what makes them special. Encourage students to reflect on their positive relationships and think about what they appreciate about the person they are writing to.

2. Write or Dictate the Letter:

Give students time to write or dictate their gratitude letter. They can begin by addressing the letter to the person they are grateful for (e.g., "Dear Mom," "To my best friend"), and then express what they are thankful for. Examples of messages might include: "I'm thankful for the way you always listen to me," or "Thank you for making me laugh every day."

3. Reflect on the Letter:

Once students have completed their letters, ask them to reflect on how it feels to express gratitude. Prompt them with questions like, "What do you appreciate most about the person you wrote to?" or "How do you think your friend or family member will feel when they read your letter?"



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4. Share the Letter:

After the letters are written, invite students to either share their letters with the class or deliver them to the person they wrote to (if possible). If sharing with the class, students can explain why they wrote to their chosen person and what made them special. This helps students develop verbal communication skills while spreading kindness to others.

5. Encourage Positive Sharing:

Celebrate the kindness and gratitude expressed by the students. If letters are shared in the class, encourage positive listening and feedback, reinforcing the importance of kindness and gratitude in relationships.

Winning the Game:

There is no winner in this activity. The goal is for students to express gratitude, practice writing, and share kindness with others. Success is measured by participation, emotional connection, and the positive impact of sharing the gratitude letter.

Family or Classroom Variation:

In a family or classroom setting, students can make a "Gratitude Letter Wall" where they display their letters. This could also be turned into a class project where students write letters to teachers, staff, or family members, and the letters are delivered to spread gratitude throughout the school or home.

Additional Notes:

"Gratitude Letter to a Friend" is a powerful activity for building emotional connections, encouraging reflection, and promoting kindness. It helps students develop their writing skills while fostering positive social interactions. This activity can be repeated on special occasions, such as holidays or family gatherings, to keep reinforcing the importance of gratitude in students' lives.

