

Gratitude Bookmarks

GRATITUDE

To inspire students to reflect on gratitude daily and create a personal reminder of their positive thoughts, fostering an attitude of thankfulness and positivity.



Learning Intentions

I can reflect on the things I am grateful for and express my appreciation:

This encourages students to think about the positive aspects of their lives and practice recognising and expressing gratitude.

I can use creative expression to represent my thoughts of gratitude:

This allows students to creatively communicate their gratitude through art, writing, and design, reinforcing positive thinking.

I can use a personal reminder of gratitude during reading time:

This teaches students to incorporate gratitude into their daily activities and use their bookmark as a tool to stay mindful of the good things in their lives.



Success Criteria

Identifying and Listing Things I Am Thankful For:

Students can identify and list things they are thankful for, engaging in the reflective process of recognising what brings them joy or gratitude.

Creating a Gratitude Bookmark:

Students can create a bookmark that includes positive affirmations or expressions of gratitude, encouraging creative expression and reinforcing the importance of positive thoughts.

Using the Gratitude Bookmark as a Reminder:

Students can use their gratitude bookmark as a reminder during reading time or other daily activities, ensuring regular mindfulness of the good things in their lives.



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Objective: To inspire students to reflect on gratitude daily and create a personal reminder of their positive thoughts, fostering an attitude of thankfulness and positivity.

Players: Ideal for small to medium-sized groups (5-20 students).

Materials:

- Card or thick paper for bookmarks.
- Markers, crayons, or coloured pencils.
- Rulers (optional, to measure bookmark size).
- Stickers, glitter, or other decorations (optional).
- Hole punch (optional).
- String or ribbon (optional for decoration).

Time Required: 10-20 minutes

Setup: Provide each student with a piece of card or thick paper that can be cut into the size of a bookmark (approximately 5 centimeters by 15 centimeters). Provide markers, crayons, and any other materials for decoration.

Gameplay:

1. **Introduce Gratitude Reflection:** Begin by discussing what gratitude is and why it's important to reflect on the things we are thankful for. Encourage students to think about their family, friends, pets, hobbies, or other things that make them happy.
2. **Create the Bookmarks:** Give each student a piece of card or paper to create their bookmark. Have them write or draw things they are grateful for or include positive affirmations like "I am strong," "I am kind," or "I am thankful for today." Allow students to use markers, crayons, and other decorating materials to make their bookmarks colourful and personal.
3. **Personalise the Bookmarks:** After writing or drawing, students can decorate their bookmarks with stickers, glitter, or other embellishments. They can punch a hole at the top and tie a piece of ribbon or string through the hole for an added touch, making their bookmark unique.
4. **Use the Bookmarks:** Encourage students to use their gratitude bookmarks during reading time or whenever they need a reminder to reflect on what they are thankful for. The bookmark will serve as a physical reminder to stay focused on the positives in their lives.

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5. Reflection and Sharing: After completing the bookmarks, students can share one thing they included on their bookmark with the class or group. This helps them feel more connected with their peers and reinforces the value of gratitude.

Winning the Game: There is no winner in this activity. The goal is to help students engage with gratitude and create a meaningful reminder that they can use in their daily lives.

Additional Notes: Gratitude Bookmarks are a simple yet powerful way to help students develop a regular habit of reflecting on gratitude. By incorporating creativity and personal expression, students not only practice thankfulness but also develop their artistic skills. This activity is a great way to promote positive thinking and mindfulness throughout the school year.