

# Gratitude Postcards

To practice expressing gratitude by designing and sending personalised postcards to someone, fostering appreciation and positive communication.



## Learning Intentions

**I can express gratitude by writing a thank you message to someone:**

This encourages students to practice articulating their appreciation for others in a thoughtful and meaningful way.

**I can create a personalised postcard that conveys gratitude:**

This allows students to creatively design a postcard that reflects their feelings of thanks and gratitude.

**I can understand the importance of showing appreciation to others:**

This helps students recognise how expressing gratitude can strengthen relationships and contribute to positive social interactions.



## Success Criteria

**Designing a Gratitude Postcard:**

Students can design a postcard that expresses their gratitude to someone special, engaging in the creative process while reflecting on the things and people they are thankful for.

**Writing a Specific and Heartfelt Thank You Message:**

Students can write a thank you message on the postcard that is specific and heartfelt, practising the art of writing thoughtful and sincere messages.

**Sending the Gratitude Postcard:**

Students can send their gratitude postcards to someone to express their appreciation, reinforcing the idea of giving and showing students the power of their actions in spreading kindness.



# Gratitude Postcards

**Objective:** To practice expressing gratitude by designing and sending personalised postcards to someone, fostering appreciation and positive communication.

**Players:** Ideal for small groups, classrooms, or family activities.

**Materials:**

- Blank postcards or cardboard (can be cut into postcard-sized pieces).
- Markers, crayons, coloured pencils, or paints.
- Stickers or decorative items for personalising the postcards.
- Envelopes (optional).
- Stamps (if mailing the postcards).

**Time Required:** 15-20 minutes

**Setup:** Provide students with blank postcards or cardstock and any decorating materials they need. If sending the postcards out, ensure there are envelopes and stamps available.

**Gameplay:**

1. **Introduce Gratitude Postcards:** Explain that students will be designing postcards as a way to show gratitude. Discuss the importance of saying “thank you” and how it makes others feel appreciated.
2. **Design the Postcards:** Have students use markers, crayons, and other decorating materials to create a unique postcard. They can draw pictures or designs on the front that reflect their gratitude or the person they are thanking.
3. **Write the Message:** Once the postcard is designed, students should write a thank you message on the back. The message can be simple, like “Thank you for always helping me,” or more detailed, sharing specific things they appreciate about the recipient.
4. **Send the Postcards:** Once the postcards are completed, students can either give them to the intended recipient in person (e.g., a teacher, friend, or parent) or mail them. If you are working in a classroom or group setting, you can create a “thank you station” where students exchange postcards.
5. **Reflection Time:** After sending the postcards, ask students how it felt to express gratitude and to give something kind to others. Encourage them to reflect on the impact of their message and how it might make the recipient feel.



# Gratitude Postcards

GRATITUDE



**Winning the Game:** There is no winner in this activity. The goal is to foster a sense of gratitude and the act of giving. The true success comes from the students' ability to express thanks and positively impact others with their kind gestures.

**Additional Notes:** Gratitude Postcards are a fun and meaningful way to teach students the importance of expressing thanks. Not only does the activity allow students to practice their creative and writing skills, but it also reinforces the positive impact that expressing gratitude has on building stronger relationships and a more compassionate environment. This activity can easily be extended by making it a weekly or monthly tradition, encouraging students to regularly show appreciation.

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