

NOVEMBER 10TH FOR STUDENTS

STRATEGY:

Gratitude is the act of noticing and appreciating all the good things in your life. [Why Gratitude is Good](#)

ACTIVITY:

- Listen to “Thankful” by Elaine Vickers on the morning announcements.
- Discuss: Tell us about a time that you were grateful. (more gratitude questions [here!](#)) What do you notice about yourself when you retell it? What does the practice of gratitude do for you, and others?
- Students will complete a Gratitude Scavenger Hunt (attachment) on their own. Have students try to complete at least 10! They may mindfully color the border if they finish early. Turn and Talk.

OPTIONAL EXTENSION ACTIVITIES:

- Practice kind thoughts by prompting students to think of 5 people they'd like to send kind wishes to.
- Ask everyone to bring in one stamped, addressed envelope and paper (extras could be provided if needed). Ask students to write a note to one person that they are grateful for. Send the notes from school.
- Make a grateful chain! Ask students to list one item that they were grateful for on a paper strip. Link them together and hang them in your classroom along the back wall! A grateful community of learners!
- Make a grateful jar! Have students add ideas to the jar. Occasionally pull papers out to read, pause with, and enjoy together.
- Create a Flipgrid prompt for students to respond to. What are you grateful for?
- [Amie K. shared a gratitude journal](#) to force a copy with for students! You'll need to replace with your Bitmoji. Thanks, Amie!