

GRATITUDE

Gratitude as a regular habit can help you in times of difficulty, and to overcome hurt and disappointment.

Research shows that when we practise gratitude, it improves mental health and wellness. However, gratitude needs to be taught.

Ask your students to keep a gratitude journal and at the end of each day to write down something they are grateful for. During your lessons ask them to think about one thing they are grateful for or one good thing that has happened to them today. Encourage students to read books with a theme of gratitude e.g. Pollyanna – in the book she plays the gratitude game and thinks of reasons why she likes Sundays.

"Isn't it splendid to think of all the things there are to find out about? It just makes me feel glad to be alive."
Anne of Green Gables LM Montgomery

Share things you are grateful for too!

Keep a gratitude jar at home

Ask your students to get a jar or a box and write 'I AM THANKFUL FOR....' on it. Every day they can write on a piece of paper something they are thankful for. Help students in class with ideas. Encourage them to look around the classroom and write down or think about things they are thankful for.

Ask students to write down what they are thankful for on a piece of paper and then hold it up and call it out loud all together.

Older students can also create a thankful diary where at the end of the day they write down things they are thankful for in their language and find some words in English. e.g my lunch, my friends, my family. my toys.... my teacher! You can keep a gratitude jar and show them what you have written on cards in it.

A gratitude mini book

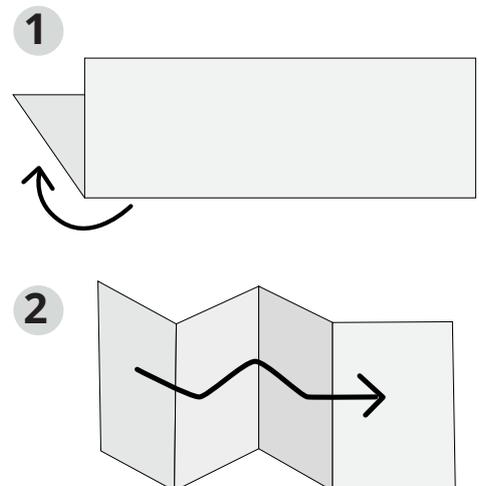
Create a gratitude mini book. Ask your students to make a mini book with eight pages (see the diagram).

On the cover write My Gratitude Book by _____

On each page they should write or draw something they are thankful for

I am thankful for

Make one too and show it to your students!



DATE:

I am thankful for...

1

2

3

4

5

6

7