

Preparing **today's** children for **tomorrow's world** by building **resilient, balanced** and **happy minds** at school and at home.

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APPRECIATE

Lesson Guides

LESSON 1: Understanding gratitude

Learning objective:

- ▶ Children understand what gratitude is (we use the language being thankful with the children)
- ▶ Children understand how it feels when we say thank you and when we receive gratitude
- ▶ Children understand why it is important to show gratitude

Learning approach:

The key outcome of this lesson is that children understand that being thankful is a really important skill. We help them to do this by showing them that gratitude is all around us. We suggest introducing this lesson with following set up:

Being thankful is part of how we show people that we are happy when they help us.

It is important to show people that we are happy when they help us because then they will do it more and more.

When we thank someone for helping us it makes them feel happy and it makes us feel happy too.

That is why it is important to show our thanks to people that help us.

Once this is clear then you can explore lots of examples of how it feels to be thankful with the children.

We suggest:

- ▶ Teachers sharing how they feel when someone says thank you to them
- ▶ Teachers can ask the children to share how they feel when someone is thankful to them
- ▶ Teachers can share how they feel when someone helps them and they say thank you.
- ▶ Teachers can do role play to demonstrate giving and receiving thanks.

Top Tips:

- ▶ It is great if teachers are able to share examples of being thankful that involve the child and their family.
- ▶ Try and do this exercise directly after the story as this will allow for you to make links to the characters in the story too which, will further embed the learning.
- ▶ At pick up, try and explain to parents how the child has shown their thanks and thank the child for something to role model this further.

LESSON 2: Identifying ways to be thankful

Learning objective:

- ▶ Children understand different ways to be thankful
- ▶ Children are able to think about how they are thankful towards others
- ▶ Children learn new ways to be thankful

Learning approach:

The key outcome of this lesson is that children start to think about different ways to be thankful.

They have already learnt about how why it is important to be thankful and how this feels and we suggest that you recap on this at the start of the lesson.

Then, we advise a free flowing conversation about different ways to show we are thankful, focusing on real life examples such as:

- ▶ Smiling at someone
- ▶ Giving someone a hug
- ▶ Saying thank you

Top Tips:

- ▶ We really recommend that you explore lots of ways of showing thanks.
- ▶ If your class has a favourite book or character that is a good example of being thankful we suggest making these links.
- ▶ It is great if teachers are able to share examples of being thankful that involve the child and things that happen each day.
- ▶ Try and do this exercise directly after the story as this will allow for you to make links to the characters in the story too which, will further embed this lesson.
- ▶ You may choose to use a bell or some other sound to signpost when someone has shown they are thankful, this can really help to solidify the children's understanding.

“It is not happy people who are thankful. It is thankful people who are happy...”

LESSON 3: Practicing being thankful

Learning objective:

- ▶ Children practice different ways of being thankful.
- ▶ Children start to develop a habit around thinking about and then expressing their thanks.

Learning approach:

Like all carpet time reflection sessions we suggest that this activity happens towards the end of the day and happens after the other activities in this module.

We ask that teachers lead by sharing things they have been thankful for that day. It is great if you can mention things about other teachers and family members and of course children. It is also important for you to then acknowledge how you showed your thanks to those people.

If the children can be invited to share the things that they are thankful for then this is really helpful. Some children may need a little prompting with this.

Top Tips:

- ▶ Try and do this exercise directly after the story as this will allow for you to make links to the characters in the story too which, will further embed this lesson.
- ▶ If you are able to share what the children have been thankful for with their parents this is a great transition activity as they prepare for home time.
- ▶ Try and tease out how the children felt when they were shown thanks by another child or when they were thankful, this is really helpful in terms of embedding this as a habit.

“Feeling gratitude and not expressing it is like receiving a present and not opening it.”