



Purpose

One of the simplest ways to teach children to give is through gratitude. Writing notes of gratitude to friends, family and community members will help students reach out to others to create healthy relationships in a positive manner.

Daily Give

People - Building relationships through appreciation of others

Grade Level

Elementary K- 7

Tools

Video

Gratitude as a Life Skill

Please see this link - https://www.youtube.com/watch?v=XIQKaClO_xY

Materials

- 1 piece of coloured paper per student
- Coloured pencils, markers or crayons
- Writing journal

Curriculum Framing Questions

On a white board or flip chart answer these questions with your class as guiding questions.

- What does it mean to be grateful?
- What are some of the things you are grateful for in your life?
- Who are some of the people you are grateful for in your life?
- Why?



Procedure

- Have students write 5 people or groups of people they are grateful for in their life.
- Older students can include the reason why.
- Have students choose 1 person from their list.
- Ask each students share with the class who that person is and why they are grateful for them.
- Have your students design a card with a picture on the front and message inside the card on why they are grateful to this person.
- Younger students can create a message with their teacher on a white board or chalk board. Have students copy the message into their card.
- Ask the students deliver the cards of gratitude personally to the group or individual.

Curriculum Subjects

Writing, English Language Arts, Health and Career, Visual Arts

Prescribed Learning Outcomes

Thinking, Communication, Health & Career, Personal & Social



High School Lesson Plans have been created by Diane Nelson, Principal of the West Vancouver Premier Sport Academy. As a MindUP trainer she continues to use her vast experience and knowledge to write and test the most effective lessons plans for the high school level. Diane recently co-wrote Fin's Friends, a program designed to teach primary students about character and social responsibility. Diane's grade 8 class is participating in the 365give Challenge pilot program.