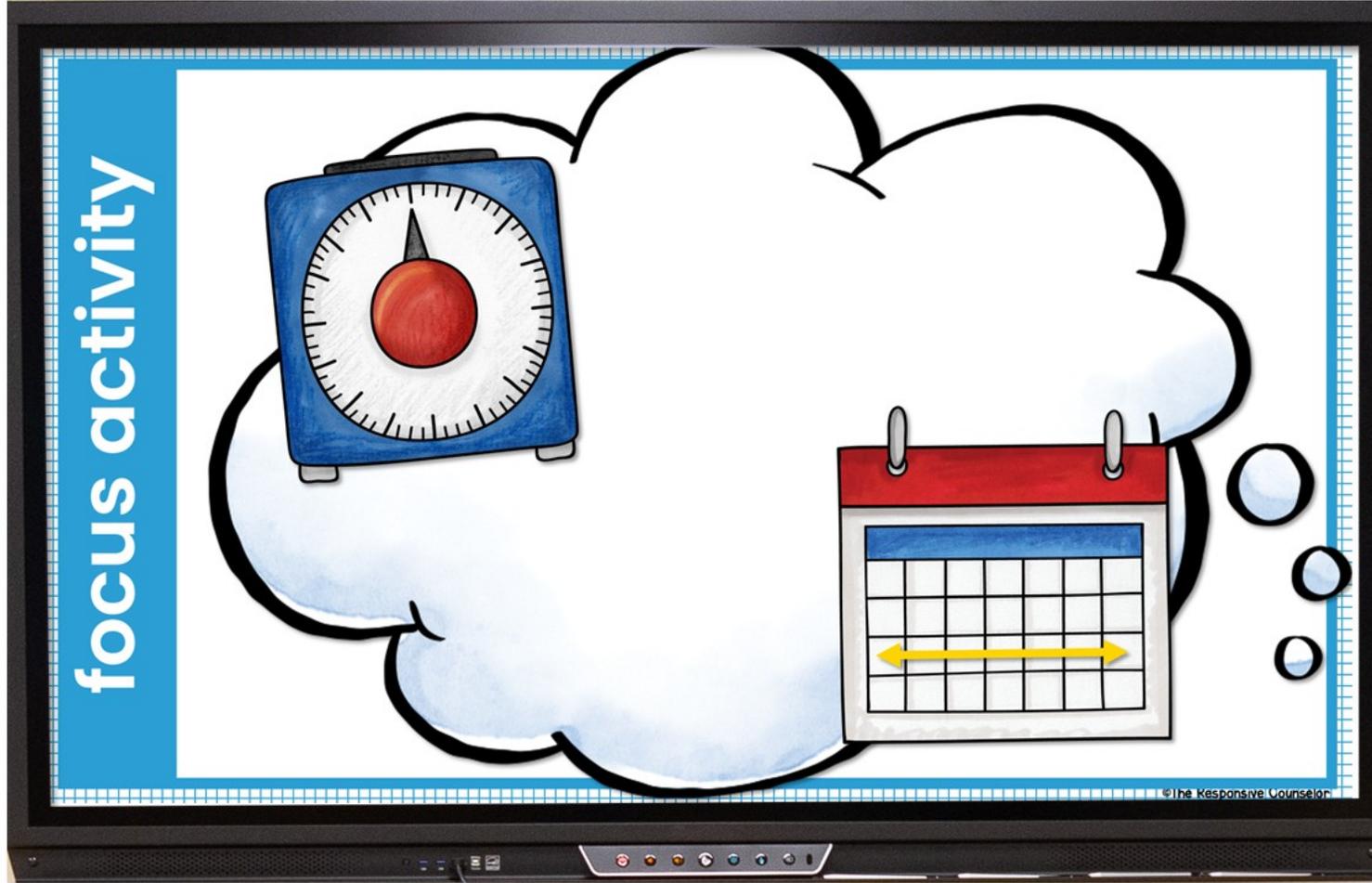


CHOOSING GRATITUDE

- **Choosing Gratitude** lesson for grades 4-5
- Teaches the three habits to being a **grateful person**
- Helps students to **practice gratitude**
- Super **low prep!**



interactive opener



Having an opener **hooks students into the learning** and sets the stage for the rest of the lesson

teaching about gratitude

scientists have found
that choosing gratitude
helps us with...

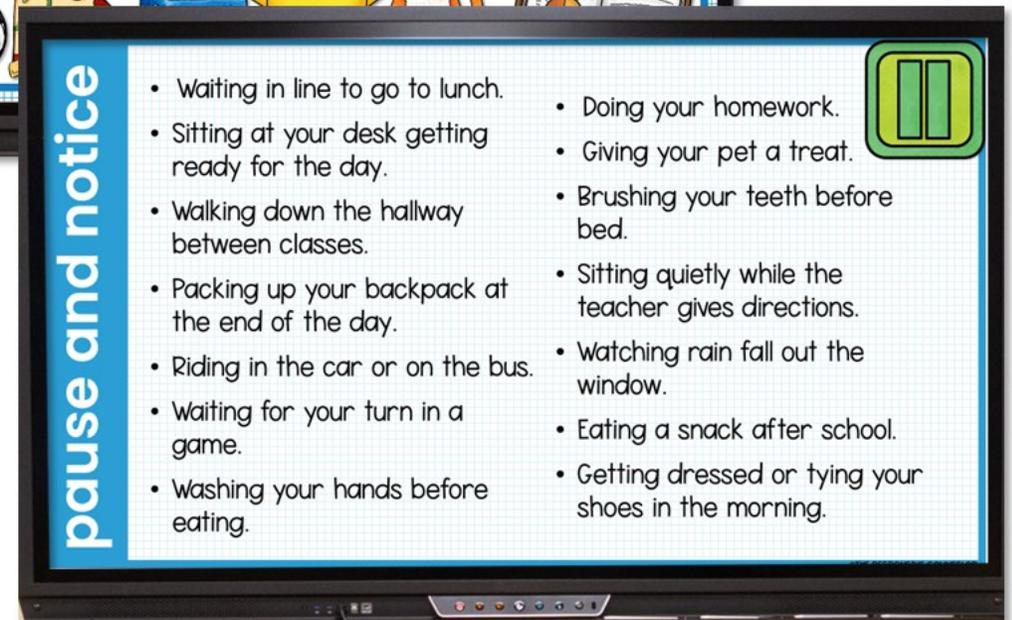


Slideshow
teaches students
about what
gratitude is and
how it **improves**
mood, sleep, and
relationships

teaching + practicing skills

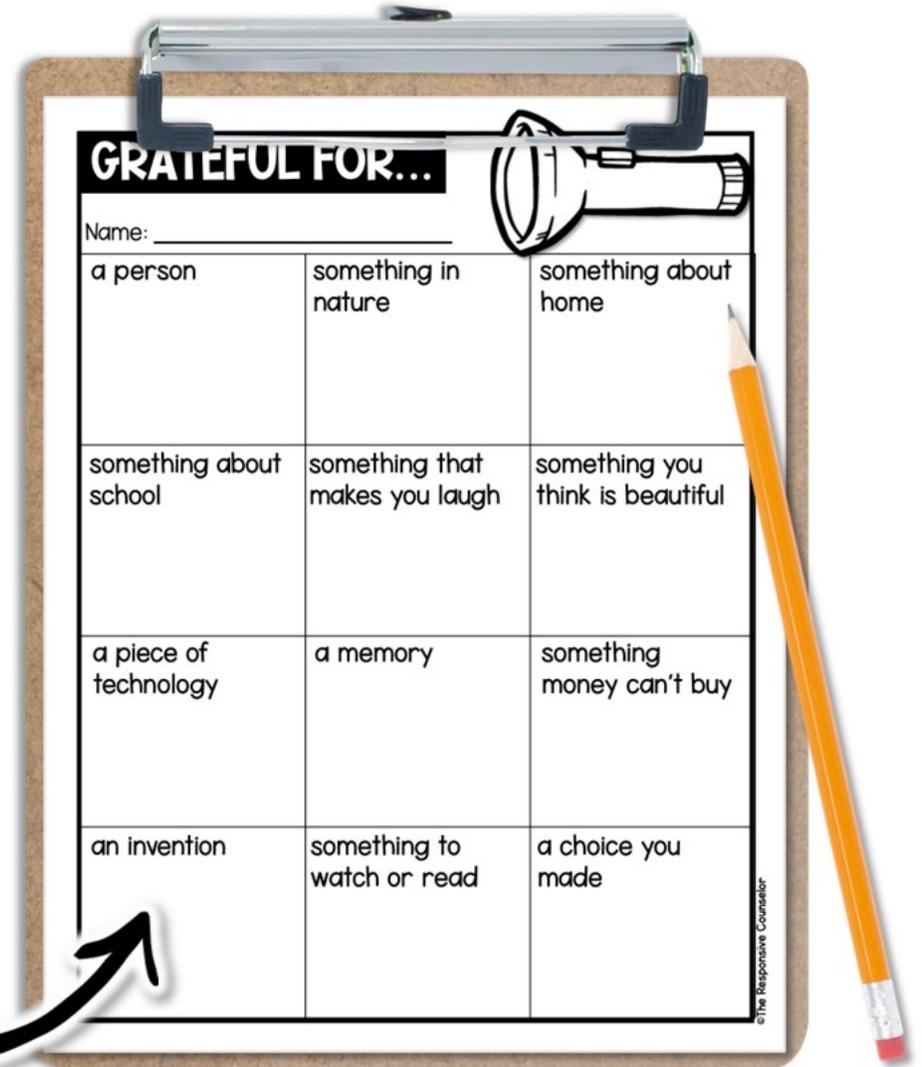
Provides brief teaching and a short practice activity for three key habits of grateful people:

- **Pause and notice**
- **Slow to compare**
- **Savor the good**



collaborative practice

Students identify **what they are grateful for** in multiple categories and then “**find someone who**” shares similar responses while discovering more things to be grateful for!

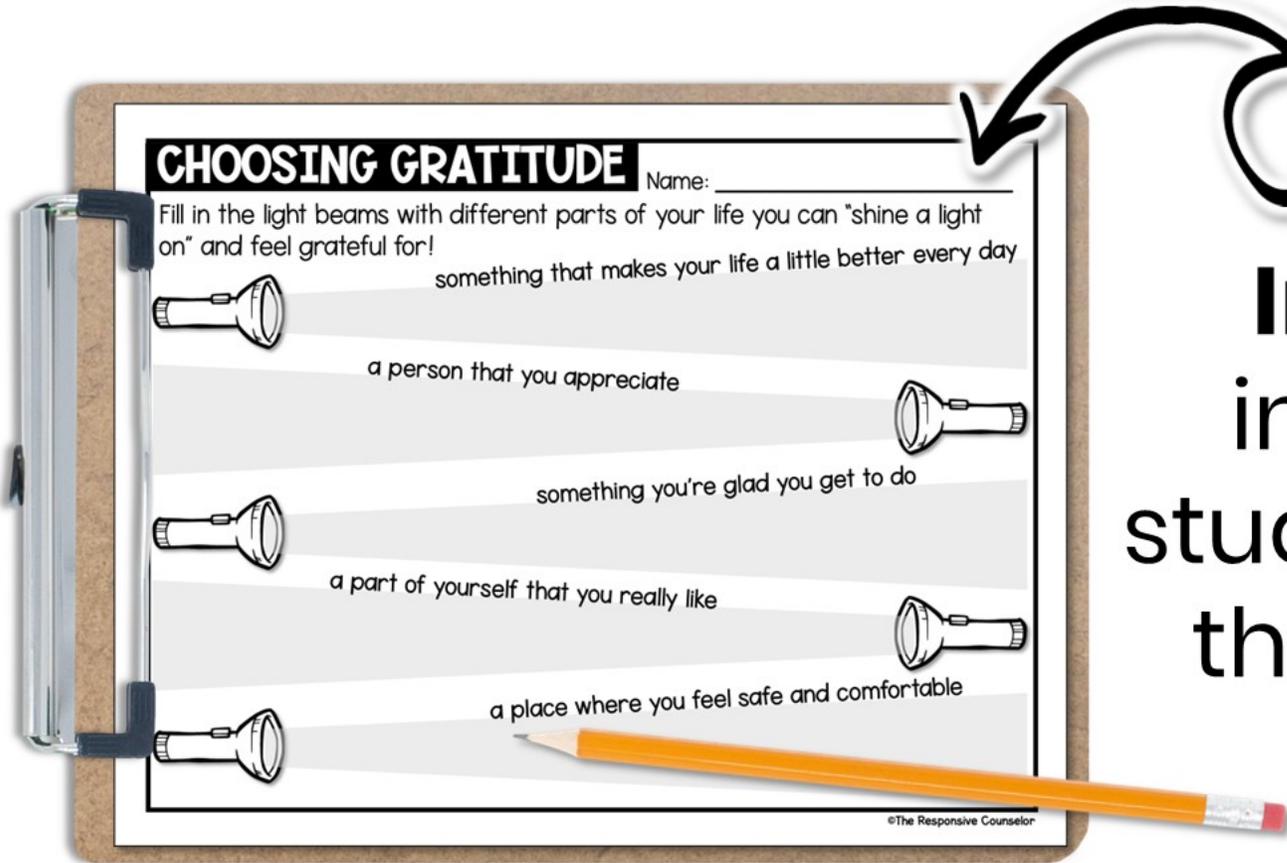


The worksheet is titled "GRATEFUL FOR..." and includes a "Name:" field. It is divided into a 4x3 grid of categories for students to write in. A flashlight icon is positioned at the top right of the grid, and a yellow pencil is on the right side. A hand-drawn arrow points from the text on the left towards the bottom-left cell of the grid.

GRATEFUL FOR...		
a person	something in nature	something about home
something about school	something that makes you laugh	something you think is beautiful
a piece of technology	a memory	something money can't buy
an invention	something to watch or read	a choice you made

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independent practice



Individual worksheet
included for additional
student practicing noticing
the good in their life and
reflect on its impact

closing questions

closing circle

What benefit of being grateful would be most helpful for you?

When do you need to be careful about comparison?

When during your day or week can you pay attention to what you're grateful for?

Closing questions provide students with the opportunity to **reflect** on the lesson and **apply** it to themselves

lesson plan

ASCA and CASEL aligned lesson plan



CHOOSING GRATITUDE

Choosing Gratitude

Objective(s): Students will understand the benefits of choosing gratitude and will practice what it means to be grateful people.

ASCA Mindsets/Behaviors: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being; Effective coping skills

CASEL Domains: Self-Awareness; Social Awareness

Additional Materials Needed: Writing utensils

PLAN/PREP

Slideshow: Review the directions, suggested scripting, and slides ahead of time. Hide slides as needed to accommodate shorter lessons.

Practice Activities: Print and copy the "Find Someone Who" worksheet and/or the "Choosing Gratitude" worksheet.

LESSON OUTLINE

Opener	<ul style="list-style-type: none">Slide 1: "Today's lesson is all about gratitude. Specifically, we're talking about what it means to be a grateful person and what grateful people do."Slide 2: "For one minute, think about everything that has gone wrong for you this week, or things you didn't like about this week." (pause for one minute) "How did it feel to focus on those things in your mind?" (call on a few students) "Okay, now for one minute, I want you to think about or replay everything that went well this week. The things you liked about this week." (pause for one minute) "Now, what was that like, to change what you were noticing about the week?"
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CHOOSING GRATITUDE

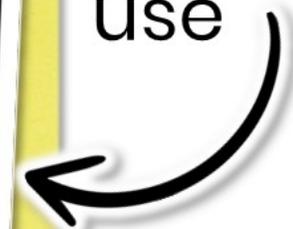
CHOOSING GRATITUDE

Whole Group Practice

- Slide 8: "Grateful people are careful about comparison. Sometimes comparing ourselves to others can help push us to be the best versions of ourselves. But other times, comparison is like the opposite of gratitude."
- Slide 9: "We all compare ourselves and our lives and our things to others sometimes. It's normal. But being grateful means trying to shift our mental flashlight onto other, more grateful, thoughts. Let's practice! I want you to pick three of the comparison thoughts on the slide and change them into gratitude thoughts." (call on a few students to share their responses)
- Slide 10: "Sometimes we want to make those happy or good moments last. We want to savor the experience. You can savor something by slowing down, telling someone about it, and/or thinking about why it's making you happy."
- Slide 11: "Let's practice savoring by replaying a good moment from this past week. Think about one good moment from this week. A time that you felt happy or something that made you smile. It could be as small as seeing a cool looking bug outside. Give me a thumbs up once you've thought of something. Now I want you to really visualize that moment in your mind again. Who was there? What did you see or hear? What did it feel like? What made it even just a little bit special?"
- "Now imagine you're a sports commentator or a live news anchor. Turn to the person next to you and give them the play-by-play of your grateful moment...then listen to theirs!"

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Optional/
suggested
scripting to
use



Outline
breakdown
with activity
directions



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

BA. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

MEd. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a former school counselor from a large southeastern school district with a wonderfully diverse group of students. I created and implemented a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. Now, I share my ideas and resources to reach students and help educators across the world!

Let's Connect:

