

# THANKFUL THOUGHTS & HAPPY HEARTS

- **Understanding Gratitude** lesson for grades K-1
- Helps students **flip grouchy thoughts** into grateful ones
- Super **low prep!**

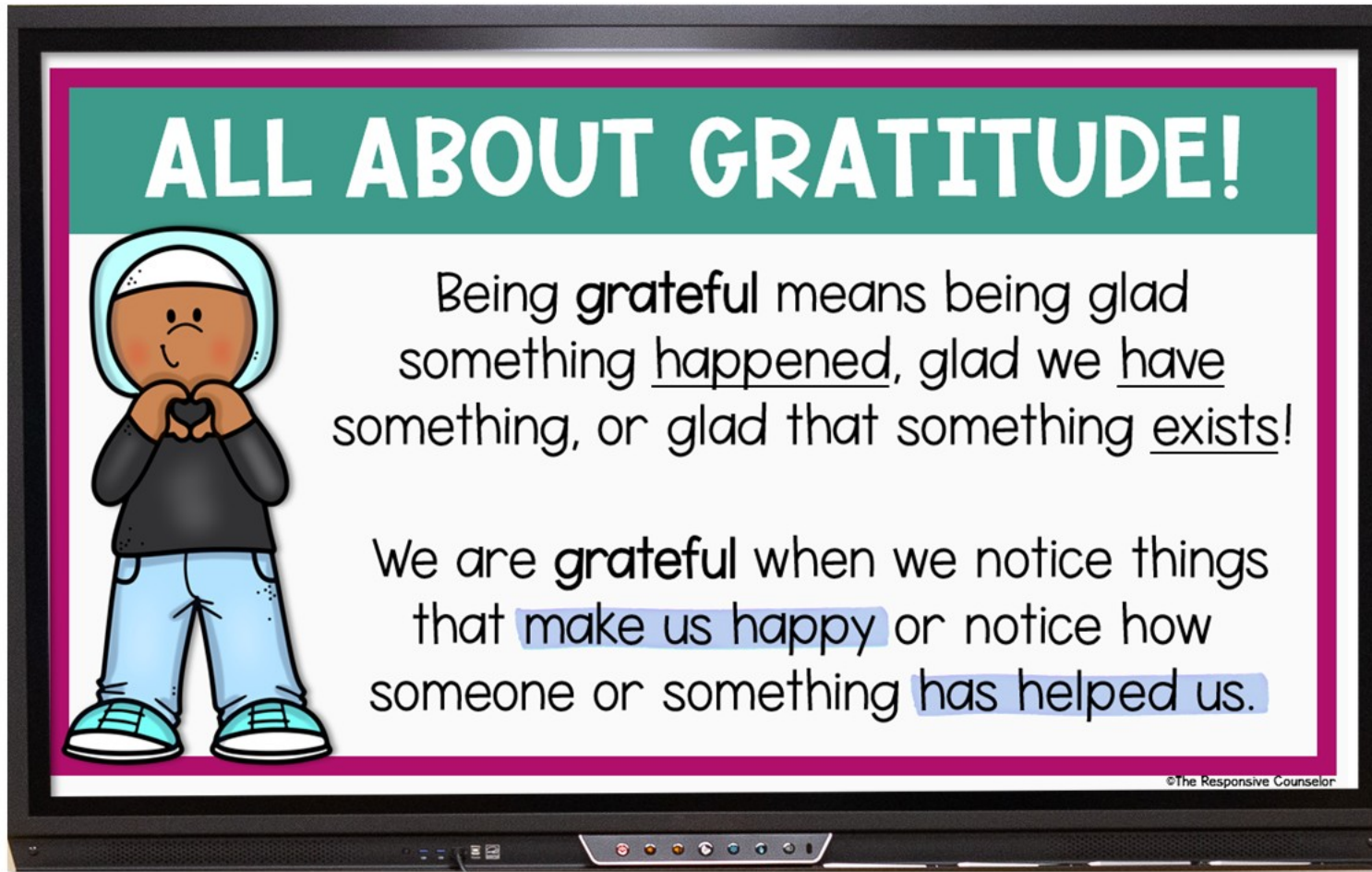


# guided visualization



This **mindful opener** helps students calm their bodies, focus their minds, and tap into feelings of gratitude that **set the tone** for learning.

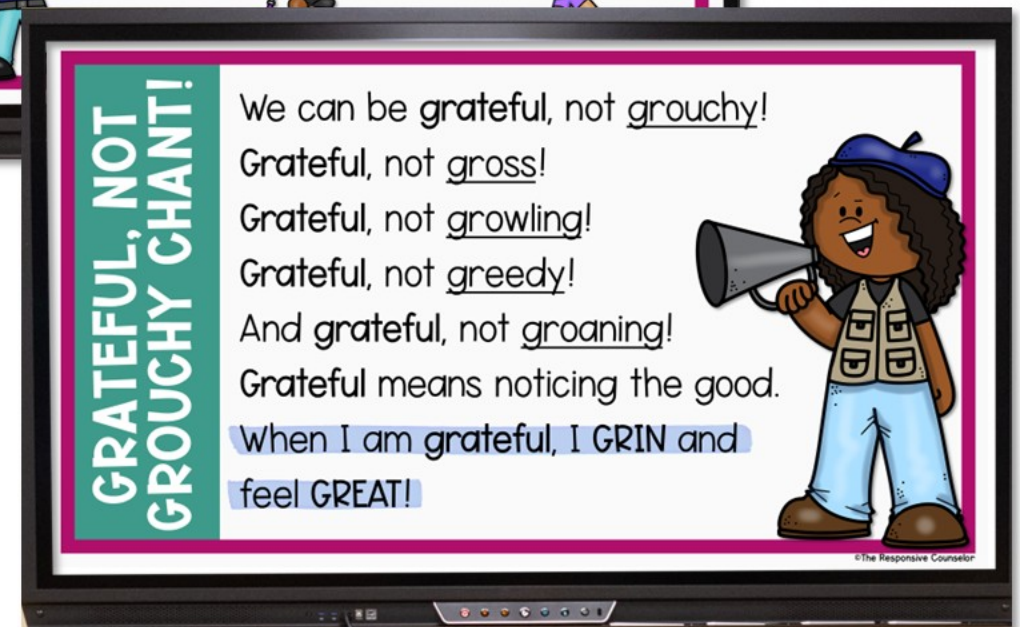
# teaching about gratitude



Slideshow **teaches** what it means to be grateful and helps students recognize what gratitude **looks, sounds, and feels** like.

# teaching + practicing skills

Brief teaching and simple practice activities help students **notice good things, share thanks, and turn challenges into moments of gratitude.**



# small group/partner practice

SMALL GROUP PRACTICE!

The balloon you got at a party popped when you got home!

How can you turn this around with gratitude?

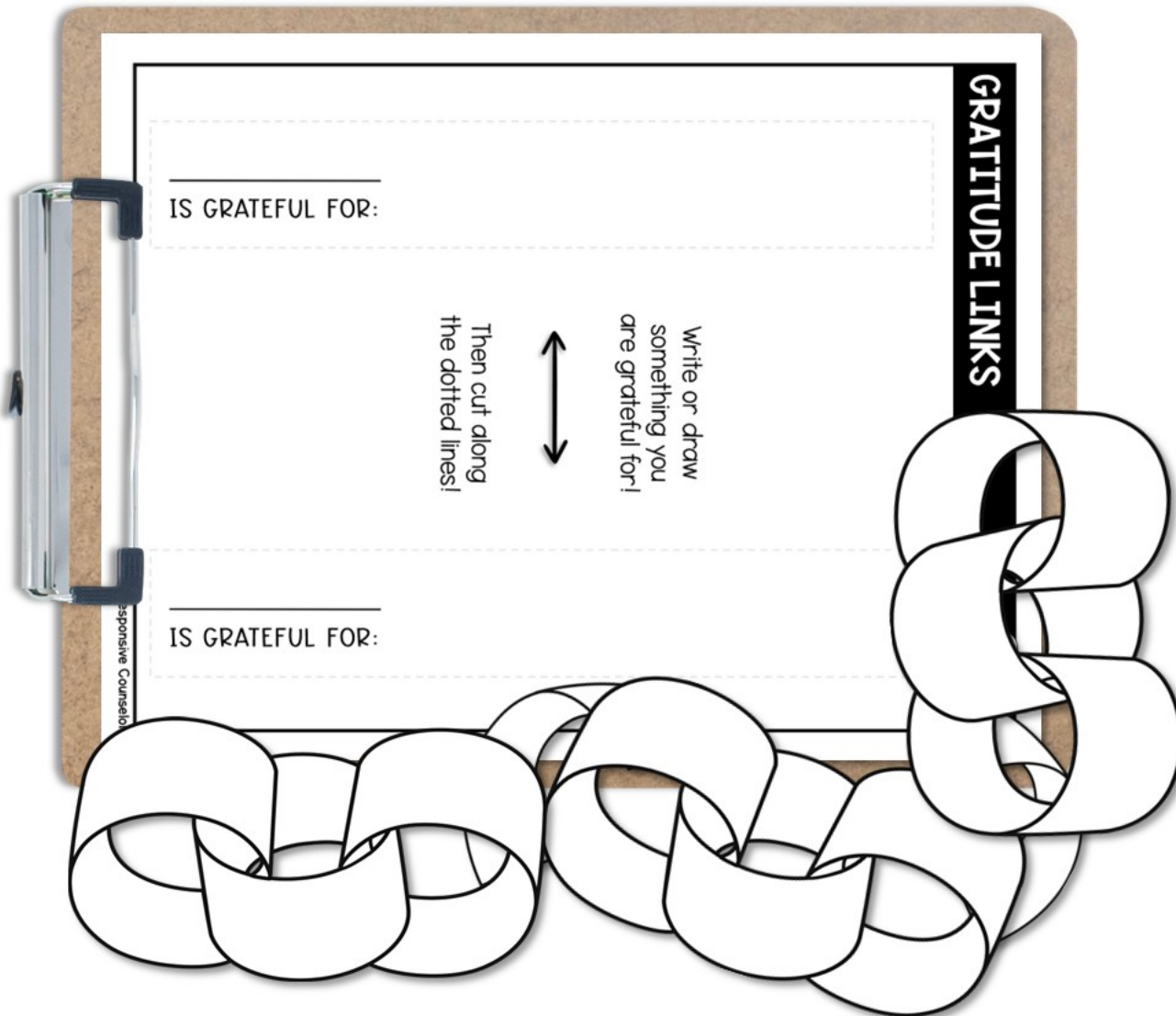
STICKY GUM!

SPILLED ICE CREAM!

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Students **work together** to “flip” tricky moments into grateful ones and noticing the good.

# independent practice



Students complete their **own gratitude link** by writing or drawing something they're thankful for. Then, their links are connected to create a class **Gratitude Chain**

# closing questions

## CLOSING QUESTIONS



- What is something that made your heart feel happy today?
- Who is someone you feel thankful for right now?
- What is something at school that you are grateful for?

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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

**GRATITUDE**

## Thankful Thoughts & Happy Hearts

**Objective(s):** Students will understand the meaning of gratitude and will identify what they are grateful for.

**ASCA Mindsets/Behaviors:** Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being; Self-confidence in ability to succeed

**CASEL Domains:** Self-Awareness; Social Awareness

**Additional Materials Needed:** Writing and Coloring Utensils, Scissors, Stapler or Glue

**Opener**

**PLAN/PREP**

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

**Small Group Practice:** Print/copy a set of Grateful Flip picture cards, one per group (if using)

**Individual Practice:** Print/copy gratitude links sheet, one per student. Print (optional) coloring page, one per student.

**LESSON OUTLINE**

- Slide 1 - 2: "Today we're learning what it means to be grateful and how we can find good things all around us. We are going to start with something called guided visualization."
- Slide 3: Have students sit criss-cross on the carpet/floor or in their chair, with their feet flat on the floor and their hands on their lap. Read the script on the following page.

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**GRATITUDE**

**GRATITUDE**

**Teach**

- Slide 7: "Grateful looks like..." Thank you for sharing with me." "I wish my mom packed me candy, too, but I'm glad I have other yummy food to eat." Giving a hug. "Look at this band-aid the nurse gave me!" How are these kids showing gratitude?"
- Slide 8: "Sometimes being grateful just happens. Other times, we choose to be grateful. Choosing to be grateful can help us to be happier! Gratitude can help our hearts feel happy, when things are not going how we want."
- Slide 9: Invite students to join in the motions and repeat after you. Keep your tone upbeat and playful as you model each phrase. Place your hands on your heart and smile for grateful, then make a silly grouchy, gross, growly, greedy, or groaning face for each opposite word. Use motions like pushing something yucky away or pretending to grab too much, then bring your hands back to your heart. Point to your eyes and then your heart for noticing the good, and finish with a big grin and two thumbs up for I feel great!

**Whole Group**

- Slide 10: "Talking about the things we're grateful for helps our gratitude grow bigger! Let's practice together as a whole group!"
- Slide 11 - 15: Have students look at the pictures and think about what in each category could make them feel thankful. Invite students to show a thumbs up when they have thought of something in that category that makes them feel grateful. A few students can share their ideas aloud, or partners can do a quick turn and talk. Encourage students to think about something from their own life in that category that makes them feel grateful.

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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:

