

Lesson Name:

GLAD Technique

Student Objectives:

- Students understand and can define the GLAD Technique.
- Students understand the “why” behind their behaviors.

Educator Preparation:

- [Powerpoint](#).
- Notebook, journal, notes in phone.
- Writing utensils if using a journal.

Introduction:

This works by paying special attention to positive things that are going on in our lives that we often do not notice or give them credit. GLAD is an acronym for ways of finding joy and balance.

Instruction:

Using your recording device, whether it's a journal or phone, record one thing you are grateful for (G), one thing you learned (L), one thing you achieved (A), and one thing that delighted you (D) during your day. While you can do this daily, you can also do a GLAD practice on a weekly basis.

Closure:

While doing the GLAD Technique, bring awareness to:

- How your body feels when you reflect on this topic.
- The emotions that you can associate with this exercise.
- The humbling experience of doing this—thinking about how others may be feeling while doing an exercise like this.

Activity:

Complete the GLAD Technique and then record your reflections on this activity:

- What was it like to focus your attention in this way? How did it make you feel to start noticing these aspects of daily life?
- Name one small way in which this practice benefitted you or someone in your life?
- How could you share your GLAD ideas with others? What is the most effective method (daily, weekly) for you to continue using the GLAD Technique?