

Lesson Name:

Attitude of Gratitude

Student Objectives:

- Students will be able to define gratitude.
- Students will be able to identify things or people they are grateful for.

Educator Preparation:

- Define the word gratitude on a marker board.
- Prepare three things or people you are thankful for that start with the letters A, B, and C and share it with students.
- A marker board or ABC chart is helpful to show students how the item you are writing is the same as the letter in the alphabet you are focusing on.

Introduction:

Today I'm going to teach you the importance of having an attitude of gratitude. By focusing on the good, instead of the bad we can have an attitude of gratitude. Gratitude is defined as focusing on the positives in life and being thankful for what we have.

Instruction:

When we go through our everyday normal lives, it is great practice to pause and appreciate the things we have—a place to live, food, clean water, friends, and family. When we pause and appreciate all of these things, our attitude can start to change. As my principal Jennifer Mitchell says, “When we start our day with a thought of gratitude or several thoughts of gratitude, you are more than likely going to have a better day.”

### Interaction:

Today we are going to use an ABC chart to list things we are grateful for. For example, (write A on a marker board) I'm grateful for the air I breathe, (write B on the marker board) I'm grateful for the bed I sleep in, and (write C on the marker board) I'm grateful for my cat, who is my pet. If you don't have access to a printer, just write the alphabet and beside each letter write what you are grateful for.

#### [ABC Chart](#)

### Closure:

Today I taught you how to have an attitude of gratitude and to be grateful for everyday things that we often don't think about. It is important to pause and appreciate everything around us so that we can be grateful for all of the things we have.

### Activity:

#### [ABC Chart](#)

Complete the ABC Chart by writing what you are grateful starting with that letter.