Lesson Name:

Gratitude Mindset

Student Objectives:

- Students will be able to define gratitude.

- Students will be able to identify the benefits of having an attitude of gratitude.

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

Educator Preparation:

- Define the word gratitude.

- Explain how having an attitude of gratitude can be beneficial.

- Write this quote: "It is not happy people who are grateful; it is grateful people who are happy."

Introduction:

So far we have learned that we need to have an attitude of gratitude to make ourselves live a more positive lifestyle, but not only can we help ourselves, we can also impact others. Today, I want to challenge you to understand the quote that is going to be presented to you and journal about it in your gratitude journal.

Instruction:

I'm going to present a quote to you and I would like for you to write in your gratitude journal what it means to you. The quote is "It is not happy people who are grateful; it is grateful people who are happy".

I'm going to discuss what this quote means to me based on everything we have learned about being grateful. When we are grateful for the things and people around us, it benefits us by making us live happier, more positive lifestyles. So when we are grateful it can make us happy, but happy people aren't just happy for no reason—it takes a mindset of being grateful.

Interaction:

The interaction today took place within the instruction today. The students journaled about the quote and what it meant to them based on everything they have learned about having an attitude of gratitude.

Closure:

Today I challenged you to apply everything you had learned so far about having an attitude of gratitude and journal about a quote. The quote pushed your thinking on how we need to first live with an attitude of gratitude *before* our mood can shift to a more positive and happier lifestyle.

Activity:

Journal for three minutes about the quote.