

### Lesson Name:

Benefits of Having an Attitude of Gratitude

### 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.
- Have a magazine ready to show students.
- Students need glue or tape and scissors.

### Introduction:

In our first lesson, we learned the importance of having an attitude of gratitude. If you remember, gratitude is defined as focusing on the positives in life and being thankful for what we have. Today, we are going to learn why having an attitude of gratitude is so important.

### Instruction:

When we have an attitude of gratitude and we take time to pause and appreciate all of the things we are grateful for we are more positive, we are happier and we don't have so many down-in-the-dumps feelings. We also become stronger and are able to handle more stressful situations easily—benefiting our mental health. It not only affects how we feel mentally, but it

can improve our health physically. When we are in more positive moods it is easier for us to make better choices, like what we eat or to have the motivation to exercise. When we do both of these things, it helps us to have strong immune systems. Lastly, when you have an attitude of gratitude it can make you more motivated at school. Often people do so much better academically because they are motivated and inspired by the task in front of them and to do their best at it.

### Interaction:

Today, look through a magazine or newspaper and find things you are grateful for or cut out words that make you have a feeling of gratitude. Glue or tape these to the front of a notebook so you encounter them every day when you first open your gratitude journal and immediately have a feeling of gratitude and start your day on a positive note.

### Closure:

Today I taught you that having an attitude of gratitude can make you happier, healthier, and more positive. When you focus on the positives in your life, instead of focusing on the negatives or more stressful situations in your life it can make you have a better day and really to see just how blessed you are!

### Activity:

Cut pictures or words out of a magazine/newspaper and glue them to the front of a notebook or journal, which will later become your gratitude journal.