

Lesson Name:

Gratitude Journal

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
- [YouTube Video](#)
- Gratitude Journal

Introduction:

So far we have learned that having an attitude of gratitude can really benefit our attitude, mood, and our mental and physical health. Today, we are going to dig in and write the things we are grateful for in a short five-minute journal entry.

Instruction:

Having an attitude of gratitude every day isn't always easy, but I think [this video](#) can explain how we have so much to be thankful for. Kid President shows he is thankful for so many things and we can do the same. Every morning if you set aside time and start your day with writing in your gratitude journal to remind yourself of all of your blessings you can have a

life-theme of gratefulness. I quoted Jennifer Mitchell before, “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.” However, I want to challenge you to be specific. Instead of saying, “I’m thankful for my mom,” you need to zoom in and say specifically what you are thankful that she does. Is it that she tucks you in at night? Or that she packs you a turkey sandwich for lunch every day? Or that everytime she walks by you she rubs your back?

Interaction:

I want to challenge you today to think for one minute before you start writing in your gratitude journal that you worked on yesterday. After thinking for one minute, go ahead and set a timer for five minutes and write what you are thankful for on one page of your gratitude journal.

Closure:

Today I taught you to start your day with a short five-minute journaling activity to get your day started off right with a thought of gratitude. When you start your day with a thought of gratitude you will be more motivated and encouraged to take on the day with a positive attitude. [Here is a timer](#) to get you started.

Activity:

Think for one minute before you start writing in your gratitude journal and then start the five-minute timer and get started writing.