

Lesson Name:

Expressing 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.
- Students will be able to identify how they can affect other people by expressing their gratitude.
- Students will be able to identify how expressing gratitude impacts others.

Educator Preparation:

- Define the word gratitude.
- Explain how having an attitude of gratitude can be beneficial.
- Card.
- The book *Thankfulness* by Cynthia Amoroso.

Introduction:

So far, we have learned that having an attitude of gratitude can really benefit our attitude, mood, and our mental and physical health and hopefully you have set aside time each morning to write in your gratitude journal. Today, we are going to learn how to express our gratitude to others.

### Instruction:

Have you ever expressed your gratitude to others? Have you ever written a letter to someone, a card, or even an email? When we express gratitude to others it impacts them in a great way. We never know what someone else is going through, they could perhaps be having one of the worst days of their life and when we express our gratitude to them for how they make us feel or if we are grateful for something they did, we can let them know that and turn their day around and make them feel appreciated. By showing the people around you what they mean to you and how important they are, it can brighten their day.

Now, turn this back around on your own attitude of gratitude... think about how it would make you feel if you took time out of your day to send someone a message that was going to literally make their day? Does this make you feel down in the dumps? No, it makes you feel excited and have a positive feeling that you have the opportunity to make someone feel loved and appreciated.

### Interaction:

Today, take time to write a card, letter, or an email to someone who made you feel grateful. Let's read this book together to find out examples of who you could express your gratitude to. No matter what it is, take time today to make someone feel special and appreciated.

### Closure:

Today you learned that not only can you become more grateful, but you can help others to feel that way as well. You can have a big impact on others simply by telling them that you are grateful for them.

### Activity:

Write a card, letter, or email expressing gratitude to someone.