

Educator Directions: What is Gratitude?

Materials:

- What Makes You Happy worksheet

Prompt: “Today we’re going to talk about happiness.

Every day, things happen that make us smile, make us feel good or even make us laugh. By stopping to think for a few moments about something that makes us happy, and either writing it down or saying it loud, that’s called showing gratitude.

What’s gratitude? Gratitude means showing thanks, being thankful and showing your appreciation for something. We’re going to practice exactly that today.

Stop for a minute and think about today. What’s one thing about your day that made you happy (or will make you happy)?

Here’s why I’m happy: I’m happy_____ (give your own example).

Now think for a few minutes about what has made or is making you happy today. Don’t say it out loud yet! Hold on to your thoughts and stand up. Find someone in the room and walk over to them and share with them what makes you happy, then ask them what makes them happy.

** Give the students some time to do this activity **
(there will be some giggles and some happiness in the room)

Would anyone else like to share with the class what makes them happy today?

** Allow some time for a discussion and students to share **

Showing gratitude by talking about something in our day that makes us happy is a great way to start our day, turn our day around, or end our day on a high note.

** (pass out worksheet) **

Now we’re going to write about what we just did. You can draw, write or do both. But I’d like you to pick one thing, it can be the thing you just shared or it can be something else you thought of that just makes you happy, and write about it.

This activity is something we can continue to practice at school or at home with the question...”what makes you happy today?”

Additional Resources

Books:

Kindness Starts with You *by Jacquelyn Stagg*

What Makes Me Happy? *by Heidi Howarth*

The Thank You Letter *by Jane Cabrera*

Apple Cake: A Gratitude *by Dawn Casey*

Daniel's Good Day *by Micha Archer*