

DISCOVER

Gratitude
is a superpower.



GRATITUDE

Gratitude is an attitude that helps us see and celebrate all the good around us. It's being thankful for what we do have instead of focusing on what we don't have. When you share your gratitude, you can make yourself and others happier.

BIG IDEAS:

- Gratitude is a choice to focus on the good stuff.
- We can change many of our "have to's" to "get to's." (e.g., I have to go to the dentist / I get to keep my teeth healthy and strong.)
- Gratitude is best shared: draw a card, write a note, or just say it aloud!
- It's not always easy, but the more we practice gratitude, the better we get at it.
- Gratitude is good for our health and our friendships.

DISCUSSION STARTERS:

- What does gratitude mean to you?
- What are three things you're grateful for?
- What does it mean to focus on the good? Why is it sometimes hard?
- Talk about a time when someone showed you gratitude. How did that make you feel?
- Can you think of a time you showed someone else gratitude? How did that feel?



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For recommended books, videos, and songs on Gratitude, go to ligplaymakers.org/gratitude.

GRATEFUL FROM HEAD TO TOE



Activate Gratitude

Time: 5-10 minutes

Supplies: None

GRATEFUL FROM HEAD TO TOE

When was the last time you thanked your ankles? Or your eyes? It's hard to imagine life without them, so why do we take them for granted? This activity allows kids to give their bodies some much-deserved gratitude!

IN ACTION:

- Ask kids to think about what they love to do. Then ask them to think about the parts of their bodies that enable them to do those things.
- Remind children that our bodies are working hard for us every day. For example, our livers remove toxins from our bodies, our lungs take in oxygen to keep us alive, and our toes help us balance and walk, etc.
- Ask kids to close their eyes, scan their bodies, and choose a body part to thank. Have them show gratitude these body parts by sharing warm, grateful energy with them.
- Children then take turns naming body parts to they would like to thank.
- Once a body part is named – for example, knees – ask the kids to rub their palms together while chanting, “rub-rub, rub-rub, rub-rub, and thank you, knees!” (the faster they rub, the warmer their hands will become).
- Then have them share that warm energy with their body by placing their hands on their knees.
- Give each child an opportunity to shout-out a part of their body!



NO PLACE LIKE ROAM



Activate Gratitude

Time: 10-20 minutes

Supplies: None

NO PLACE LIKE ROAM

We live in a big and beautiful world with so much to experience! This fun movement activity is about showing appreciation for the places that help create gratitude within ourselves!

IN ACTION:

- Invite students to sit or stand in a circle and think of a place that they are grateful for (e.g., their grandmother's house, amusement parks, playgrounds, The Grand Canyon, etc.).
- Explain that we are going to ride our bicycles or run to these places without ever leaving the circle.
- Once children have had enough time to quietly think about their places of gratitude, ask for a volunteer to share their location with the group.
- After they share, ask them how they'd like to get there. By bike or by foot?
- If they choose to run, children will stand and run in place while chanting "running, running, running, and stop!" If they want to bike, the children will lie on their backs, bring their knees to their chests, point their feet in the air (on the pedals), reach their arms out to grab their handlebars and chant, "peddling, peddling, peddling, and stop!"
- Once the children "reach their destination," invite them to imagine the place they are exploring.
- Now it's time for the next volunteer! Take as many journeys as you'd like or until you run out of time.



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THE ABCs & 123s OF GRATITUDE



Activate Gratitude

Time: 10 minutes

Supplies: Dice, paper, pencils, and a hat

THE ABCs & 123s OF GRATITUDE

This game is sure to help kids think fast and furiously about everything that makes them feel grateful!

IN ACTION:

- Fill a hat with 26 slips of paper – each with a different letter. Place the hat and a pair of dice in front of the class.
- Tell students that they are one team. Their goal is to get as many Gratitude Points as possible. Kick off each round by having each student pick a letter from the hat.
- Choose a student to roll the dice.
- Choose a card and instruct the class to choose what that they are grateful for based on the letter written on the cards. The dice determine the number of thankful things.
- For example, if a student picks the letter J and another student rolls a 10, then, in 1 minute, the class must brainstorm 10 things they are grateful for that begin with the letter J. If they do, they get a point.
- Give the children 1 minute to work on their lists independently.
- After a minute, students stop writing. One student will share their list.
- Write each suggestion on the board.
- Other students can add new things to the list.
- Play as many rounds as you'd like and see how many points the class can get as a team!



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FINDING THE GOOD



Activate Gratitude

Time: 20-30 minutes

Supplies: Index cards & pencils

FINDING THE GOOD

Goodness and beauty are everywhere. And in difficult times, they can be hard to find. This activity helps kids practice finding the good, a skill that will serve them well for a lifetime.

IN ACTION:

- Give each student 3 index cards (or more or less).
- Invite them to write "I HAVE TO" on the front of the card. This can be something that they don't enjoy nor feel grateful for (e.g., going to the dentist, doing homework, chores, etc.).
- Once finished, students will give the cards to the teacher.
- Shuffle the cards and give 3 to each student.
- Instruct students to write "I GET TO" on the back of the card. This will be a reason to be grateful for the "I HAVE TO" on the other side of the card. For example, "I HAVE TO go to the dentist/I GET TO take care of my teeth" or "I HAVE TO do homework/I GET TO learn new things."
- Once all the cards are written, use them to play Hide and Seek.
- Half of the students will be "The Hiders," and others are "The Seekers."
- The Seekers close their eyes while The Hiders hide the cards around the classroom. Once the cards are found, take some time to reflect on how students can "find" the good and turn "have to's" into "get to's."

