

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: SHOWING APPRECIATION  
CASEL COMPETENCY: RELATIONSHIP SKILLS

### BOOK INFORMATION

Book Title: *An Awesome Book of Thanks!*  
Author: Dallas Clayton  
Publisher: AmazonEncore  
Year: 2010  
ISBN #: 978-935597-37-7  
Number of Pages: 41 pages  
Reading Level: Kindergarten – 3<sup>rd</sup> grade

### BOOK SYNOPSIS

This book identifies many different things to be thankful for in everyday life. There are only a few words on each page. Each idea has its own design and illustration.

### LESSON OBJECTIVE

It is important to be thankful for everything, including situations that may initially appear less than optimal. We need to look for the good in each situation, and we must remember to express our thankfulness.

### LESSON MATERIALS AND ADVANCE PREPARATION

**Materials:** chalk or dry erase markers; paper; stapler; crayons or markers for each student

**Preparation:** Make blank booklets of paper for each child. For each booklet, fold 5 pages of paper in half, stapling at the fold. A booklet cover is included in this lesson plan (see page 3). Prior to stapling the booklet together (at the fold) make copies of the booklet's cover on a full piece of paper (the book cover is on the right half of the sheet of paper).

### KEY VOCABULARY AND CONCEPTS

**Gigantic** – very large or big

**Gratitude** – the feeling of being thankful

**Holidays** – celebrations and traditions to remember important days or events

### PRE-READING ACTIVITY

Discuss what it means to have an "*attitude of gratitude*." Share a few examples of how people show their gratitude. Show the front cover of the book and ask the students to help you make a list of the things we are thankful for. List responses on the whiteboard/chalkboard. Ask, "What do we do to show our thankfulness?"

### READ THE BOOK

### POST READING DISCUSSION

Ask the following questions:

- Did you notice all the wonderful illustrations in this book?
- Why do you think it is important to feel thankful?
- Why is it important to tell others, "thank you"?
- How do you show your thankfulness and gratitude?
- Is there more than one way to say thank you or to express your gratitude?

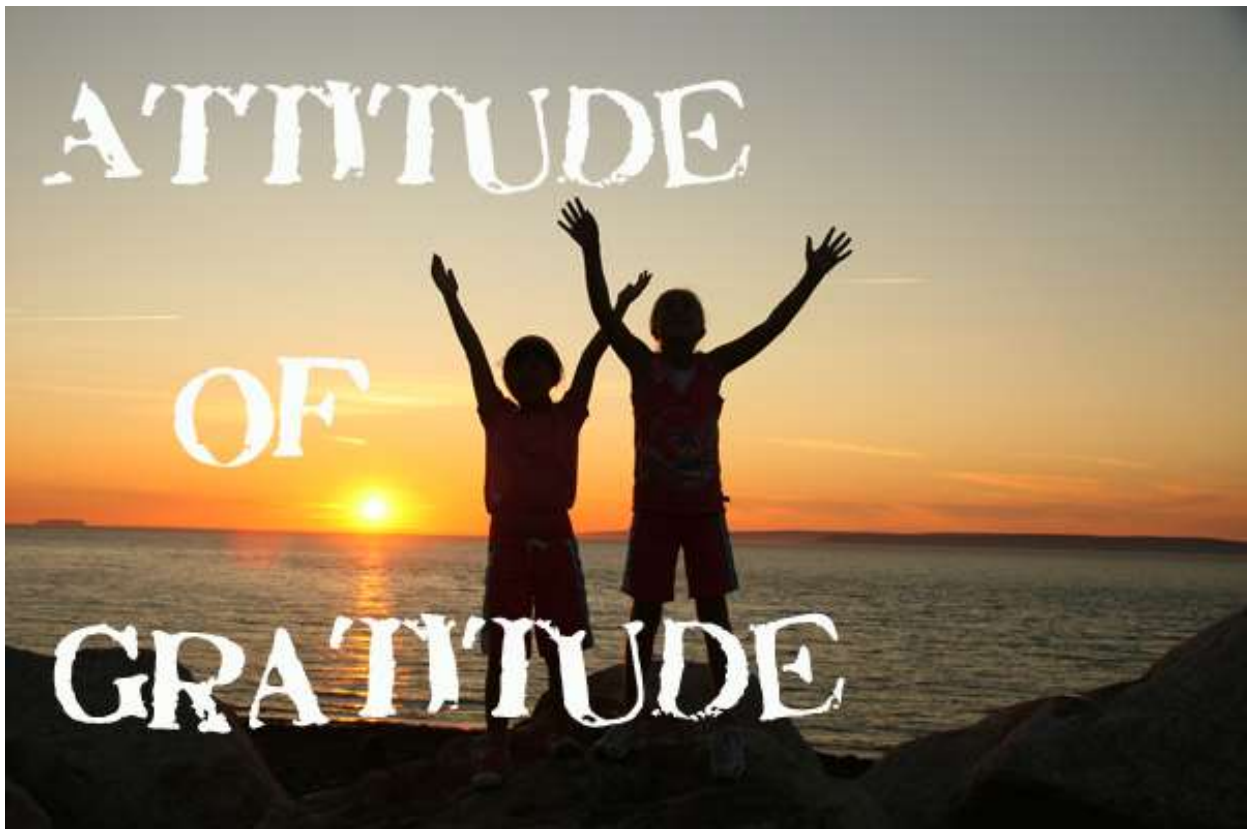
## POST READING ACTIVITY

### Book of Thanks

Ask students if there are other things we could add to our class list of “things to be thankful for”. Then, have each student create their own “Book of Thanks” using the blank booklets that you have prepared. They can use words, pictures, designs, etc. to express their thankfulness. Ask students to include once expression of gratitude on each page. This might be an activity the students can continue working on over the coming week.

## CLOSURE

Hang the poster (provided) in the room and talk about the importance of having a thankful attitude –an “attitude of gratitude”. Explain that when we feel negative or badly about how things are going, it is important to balance those thoughts with thoughts of all the things we are thankful for in our life. Students’ gratitude books will help remind them of the many things they are thankful for. Encourage students to continue keeping a gratitude journal and writing down their feelings of thankfulness.



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