

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: SHOWING APPRECIATION
CASEL COMPETENCY: RELATIONSHIP SKILLS

BOOK INFORMATION

Book Title: *Grateful: A Song of Giving Thanks*
Author: John Bucchino
Publisher: Harper Collins
Year: 2003
ISBN #: 006051633X
Number of pages: 40 pages
Reading Level: Kindergarten - 6th grade

BOOK SYNOPSIS

An illustrated book version of John Bucchino's song is a reminder of everything available when life is approached with gratitude.

LESSON OBJECTIVE

Teach students the benefits of approaching life with a grateful attitude.

LESSON MATERIALS AND ADVANCE PREPARATION

Gratitude Turkeys

Materials: brown construction paper; scissors for each student; crayons or markers
Preparation: Make one turkey in advance to serve as an example.

Gratitude Quilt

Materials: Colored construction paper
Preparation: Cut white paper into 5" X 5" squares (paper quilt pieces), one for each student. Cut colored pieces of paper 6" X 6," one for each student. Use varied colors for the 6" X 6" squares to make the quilt colorful.

Gratitude Cards

Materials: white paper; envelopes; crayons or markers
Preparation: None needed.

KEY VOCABULARY AND CONCEPTS

Depressed - state of general unhappiness

Brambles - a prickly scrambling briar vine or shrub, especially a blackberry or other wild shrub of the rose family

Despair - to lose hope

PRE-READING ACTIVITY

Show the front cover of the book. Ask the students how they think that attitude can affect feelings. Provide examples illustrating the point of a glass being half-empty or half-full. Explain how we might see things differently depending on our attitude. Ask how they think gratitude will affect their attitude.

READ THE BOOK

Play the song which is included in the book or via YouTube link below. If necessary, for a younger class listen to song first then go through the story by reading from the book at a slower pace to ensure comprehension.

<https://www.youtube.com/watch?v=XO7Dbd9mKvo>

POST READING DISCUSSION

Ask the following questions:

- What is the author trying to teach us?
- What examples does the author give of how gratitude can affect how we look at situations?

POST READING ACTIVITY

Gratitude Turkeys

Give each child a brown/tan piece of construction paper. Ask the students to make an outline of their hand and then cut it out (display an example). Younger children may not be able to independently cut out their turkey –so simplify and do not cut out the turkey. Instruct the students to write or draw something they're grateful for on each of the four turkey feathers (fingers). Students can also color and decorate their turkeys.

Gratitude Quilt

For the gratitude quilt, cut white paper into 5" X 5" squares (paper quilt pieces). Each child decorates one square. In small classrooms, you might want to have 2 squares for each student so there are enough to make a paper quilt. After the students draw on their quilt pieces, paste each square in the center of a colored piece of paper (6" X 6") and then connect all the pieces together into a classroom gratitude quilt. Use varied colors for the 6" X 6" squares to make the quilt colorful. Give each child a 5"X 5" blank piece of paper on which to draw something he or she is thankful for. Mount each square on a 6"X 6" colored piece of paper (creating a colored edge around each quilt piece) and then piece the squares together to create a classroom gratitude quilt.

Gratitude Cards

Give each child a blank piece of paper they can fold into quarters. Have them make and decorate a thank you card. Place the card in an envelope and address the envelope to someone they're thankful for. Offer examples of something the card might say---such as a short poem, or simply "thank you for...."

CLOSURE

Display the turkeys or the quilt on the classroom wall and remind the students of how important it is to be grateful. To be happy we must have an "attitude of gratitude." If the students made "gratitude cards," discuss how the person will feel when they receive the card. Talk about how it feels when you make a "thank you" card.

Hang the poster (provided) in the classroom.



**What am I
thankful
for?**