

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: SHOWING APPRECIATION
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: Gratitude Quilt

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: White paper 5"x5", colored paper 6"x6", glue

Preparation: None needed.

ACTIVITY

Give each child a 5"x5" blank piece of paper on which to draw something he or she is thankful for. Mount each square on a 6"x6" colored piece of paper and then piece the squares together to create a classroom gratitude quilt.

http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom