

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: SHOWING APPRECIATION
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: Gratitude Stroll

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper and pencils

Preparation: None needed.

ACTIVITY

Go for a silent walk and see how many positive things you can find: flowers growing, a cloudless sky, smell of rain, etc. Then come back into the classroom and discuss what you experienced.

<http://daringtolivefully.com/gratitude-exercises>