

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: SHOWING APPRECIATION
CASEL COMPETENCY: RELATIONSHIP SKILLS

BOOK INFORMATION

Book Title: *The Blessings Jar: A Story About Being Thankful*
Author: Colleen Coble
Publisher: Tommy Nelson, Inc.
Year: 2013
ISBN #: 978-1-4003-2273-2
Number of Pages: 16 pages
Reading Level: Kindergarten – 3rd grade

BOOK SYNOPSIS

Note: This book refers to blessings from God, which might not match with some family beliefs.

Punky Grace starts off the morning in a grumpy mood because she is unable to practice a dance with a friend who is feeling sick. Her Grammy suggests that they go through the day and collect all the things in a jar that reminds them of God's blessings. Grammy started by putting a pretty flower into the jar to remind Punky that she enjoyed helping in the garden. Punky then proceeds to go through the day and finds more things to add to the blessing jar. By the end of the day, she collected many beautiful things and her grumpy mood was gone.

LESSON OBJECTIVE

Sometimes things do not go our way or according to plan. It is important that during these times we have a positive attitude and recognize all the good things in our life.

LESSON MATERIALS AND ADVANCE PREPARATION

Materials: chalk or dry erase markers; large container or jar; strips of white blank paper; pencils and crayons for each student

Preparation: Make sure to have blank strips of paper cut out—at least 3 for each student; label the large container with the words: "BLESSINGS JAR."

KEY VOCABULARY AND CONCEPTS

Grumpy – to be sad, sulky or irritable

Blessings – good things we have in our life that makes us feel happy

Holidays – celebrations and traditions to remember important days or events

PRE-READING ACTIVITY

Ask students if they have ever been in a bad mood because something didn't go the way they had hoped. If possible give an example from your own life that the children can relate too.

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- How did Punky feel at the beginning of the book?

- What happened at the beginning that caused Punky to feel grumpy?
- What was the first blessing that Punky collected for her Blessing Jar?
- Name a few of the other blessings that Punky collected.
- How did collecting blessings help Punky feel happy again?

POST READING ACTIVITY

The Blessings Jar

Show the students a big container or jar that you have labeled “Blessings”. Then, pass out 3 slips of blank paper to each student. Have them help you fill the blessing jar with blessings. They can write down things they are thankful for, or draw a picture of their blessings on the slips of paper. Then put all the papers into the container. Keep the jar in the classroom, and every time something happens that is a blessing, add it to the “Classroom Blessing Jar.”

CLOSURE

Talk about how it is important to think about all the good things in your life in order to stay happy. Blessings are all around us if we look for the good things in life.



**If You Could Keep
Blessings in a Jar.....**