

LESSON PLAN

CASEL SEL COMPETENCY: RELATIONSHIP SKILLS

SOCIAL SKILL: GRATITUDE, SHOWING APPRECIATION

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BOOK INFORMATION

Book title: The Thank You Book

Author: Mo Willems

Publisher and date of publication: Hyperion Books for Children, 2016

ISBN: 978-1-4231-7828-6

Number of pages: 57

Reading level or interest level: K-2

BOOK SYNOPSIS

In a few sentences, describe the book's plot. Explain how you will use this book in group or individual counseling to address the specific social skill.

Piggie realizes that he has a lot to be thankful for, so he decides to thank everyone he knows. Gerald the elephant worries that Piggie will forget somebody. But Piggie is not worried about that, since he is going to have a thank-o-rama. Piggie says thank you to many different animals. Gerald tells Piggie that he forgot someone important. Piggie says the next one will be big. Turns out he thanks Whale. He thanks more animals, but Gerald says he is still forgetting someone. Finally Piggie thanks Gerald, but Gerald says he did not think he was forgotten. So Piggie gets stressed out and Gerald reminds Piggie that he never thanked the reader, so they both say thank you to the reader. Piggie reflects that he is one lucky pig.

This book will be good in counseling to address gratitude. Piggie first realized that he had many friends he could thank, then he thanked them, and then he felt good thanking them. This can help them see how to be thankful.

LESSON OBJECTIVE

The goal of this lesson is for students to understand why expressing thanks is good for themselves and others. They will learn when and how to express thanks.

LESSON MATERIALS AND ADVANCE PREPARATION

List materials needed for pre-reading (attention getting questions) and post-reading activity.

KEY VOCABULARY AND CONCEPTS

Review vocabulary and concepts that might be unfamiliar to your students.

Thank-o-rama: Expressing thanks over and over again to different people.

Genuine: Sincere

PRE-READING ACTIVITY

Gather the students on the rug and begin by thanking each one for something that they do for you, both by sitting quietly on the floor and in other contexts where you genuinely appreciate them. Then show them the book

Explain that is called "The Thank You Book". What do you think might happen in this book? Why do you think Gerald the Elephant and Piggie are hugging? How do you think they feel in this picture?

READ THE BOOK

POST READING DISCUSSION

List a few engaging questions that will elicit discussion. You might refer to a specific picture or statement and ask students for their insights.

Why did Piggie start thanking everyone? Did he thank only the most important animals? Do you think the flies must have done something for Piggie? Who can we thank?

Elephant was worried that Piggie forgot someone. Did you think he was worried about himself? Turns out he was not worried about himself. What does this say about Elephant's heart?

How did it feel when they thanked you? How did they feel when they were done thanking. How do you think they felt when they were finished with thanking?

POST READING ACTIVITY

Describe a post-reading activity. Involve children in an engaging activity that extends learning into practical application.

K-2: Have the students walk around the room to music. When the music stops, have them get in a pair and practice thanking the other person with something genuine. Ask for a few students to share what someone thanked them for and how it made them feel. Then repeat the game. For the last five minutes, have the students stop the game and ask them who they can thank and when and how. Have them share at least three who, when, and hows.

CLOSURE

Wrap up the lesson with a few statements fortifying the lesson's objectives. Challenge students to set a goal related to the lesson's objectives. During the week, check in with students to monitor progress towards meeting their goal. Post a visible reminder of the lesson's main objective (poster).

When we say thank you, others feel appreciated and feel good and they will probably keep being kind to others. We also feel good because we remember that we have so many good things in our lives. We can say thank you in so many different ways, to so many different people, for so many different things, all the time.



*"Appreciation can make a day, even change a life.
Your willingness to put it unto words is all that is necessary."
- Margaret Cousins*

