

## Relationship Skills Showing Appreciation

Grade Levels	Prep Time	Activity Time	Materials	Activity Description
K-6	0-5 min	<15 min	Paper, pencils	<p><b>Showing Appreciation</b> Integrate kindness into routines. At the end of the day or before transitioning to a new activity, provide groups the opportunity to give appreciations. Appreciations are simple. Standing in a circle, allow anyone who wants to name a person, express their gratitude to that person, and share why. Or schedule time for gratitude journaling. Ask kids to draw and/or write about someone who was kind to them that day. To make the impact greater, allow kids to post their favorite entries on the wall for others to see.</p>
K-6	0-5 min	<30 min	Paper, pencils	<p><b>Gratitude Letter</b> Have students write a letter of gratitude to someone of their choice. Write a template up on the board of how they can word their letter. Teach them the elements of a letter.</p> <p><a href="https://kolettehall.wordpress.com/2013/03/16/activity-days-cupcake-decorating-service/">https://kolettehall.wordpress.com/2013/03/16/activity-days-cupcake-decorating-service/</a></p>
K-6	0-5 min	<10 min (everyday)	Notebooks (for each student)	<p><b>Gratitude Journals</b> Have students write in a gratitude journal each week or day, whatever your preference and availability of time is.</p> <p><a href="http://www.allthingstarget.com/turn-a-comp-book-into-a-gratitude-journal/">http://www.allthingstarget.com/turn-a-comp-book-into-a-gratitude-journal/</a></p>
K-6	0-5 min	<15 min	Post Its	<p><b>Gratitude Wall</b> Set up a gratitude wall where students can go and write on a post it what they were grateful for that day or week or have them do it whenever they want throughout the school year.</p>
K-6	0-5 min	<30 min	Paper, pencil	<p><b>A-Z Blessings</b> Have students write or draw one thing they are grateful for with every letter in the alphabet.</p> <p><a href="http://www.littledairyontheprairie.com/happy-thanksgiving/">http://www.littledairyontheprairie.com/happy-thanksgiving/</a></p>
K-6	0-5 min	<30 min	An item or picture of someone that the student is grateful for (preparation on student's part)	<p><b>What Are You Grateful For?</b> Send a note home asking students to bring something or a picture of someone who they are grateful for. When they come to class have each student spotlight what they brought and why they are grateful for that thing or person.</p>
K-6	0-5 min	<30 min	Gratitude scavenger hunt paper	<p><b>Gratitude Scavenger Hunt</b> Have each student or put students in groups and have them find things around them that they are grateful for that match the worksheet.</p> <p><a href="http://lets-get-together.com/2014/10/18/gratitude-photo-scavenger-hunt/#_a5y_p=2681075">http://lets-get-together.com/2014/10/18/gratitude-photo-scavenger-hunt/#_a5y_p=2681075</a></p>
K-6	5-10 min	<30 min	Cut slips of paper, markers, stapler	<p><b>Gratitude Paper Chain</b> Have children write what they're thankful for on strips of paper and use the strips to make a gratitude chain to hang up in the classroom.</p> <p><a href="http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom">http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom</a></p>

K-6	0-5 min	<30 min	White paper 5"x5", colored paper 6"x6", glue	<p><b>Gratitude Quilt</b> 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.</p> <p><a href="http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom">http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom</a></p>
K-6	0-5 min	<30 min	Sticky notes, poster with graph drawn	<p><b>Gratitude Graph</b> Have each child write one thing that he or she is grateful for on a sticky note and then plot it on a classroom gratitude graph. Categories might include people, things, places, actions, animals, etc.</p> <p><a href="http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom">http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom</a></p>
3-6	0-5 min	<30 min	Gratitude quotes, paper, pencil	<p><b>Gratitude Quotes</b> Give students their own gratitude quote and have them reflect upon it and write about what their quote means to them. List of quotes: <a href="http://sourcesofinsight.com/gratitude-quotes/">http://sourcesofinsight.com/gratitude-quotes/</a></p> <p><a href="http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom">http://greatergood.berkeley.edu/article/item/gratitude_activities_for_the_classroom</a></p>
K-6	0-5 min	<30 min	Paper, pencil	<p><b>Gratitude Stroll</b> 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.</p> <p><a href="http://daringtolivefully.com/gratitude-exercises">http://daringtolivefully.com/gratitude-exercises</a></p>
K-6	0-5 min	<15 min	None	<p><b>Gratitude Reflection</b> Separate students into pairs and have them share their own personal answers for these questions: What touched me today? Who or what inspired me today? What made me smile today? What's the best thing that happened today?</p> <p><a href="http://daringtolivefully.com/gratitude-exercises">http://daringtolivefully.com/gratitude-exercises</a></p>
K-6	10-15 min	<30 min	Cut out leafs, Styrofoam wreath wrapped in brown ribbon, pins	<p><b>Gratitude Wreath</b> Have each student write something they are grateful for on a paper leaf them pin it to the classroom door wreath.</p> <p><a href="http://willworkforeskimokisses.blogspot.com.au/2012/11/gratitude-wreath.html">http://willworkforeskimokisses.blogspot.com.au/2012/11/gratitude-wreath.html</a></p>
3-6	0-5 min	<30 min	Index cards with different topics	<p><b>Name The Best Things</b> Divide the children into two teams. Give Team A the name of a person, place, or thing. The team has 10 seconds to supply three things they are grateful for about their topic. For example, a sunny day (topic) offers opportunity to play outside, helps plants grow and warms the Earth. If Team A can't think of three things in the time allotted, Team B can steal by naming three things of their own, but they may not duplicate answers given by Team A. One point is awarded each time a team provides three gratitude answers.</p> <p><a href="http://www.ehow.com/info_8243185_gratitude-activities-children.html">http://www.ehow.com/info_8243185_gratitude-activities-children.html</a></p>

3-6	0-5 min	<30 min	A shuttlecock (badminton birdie), sharpie	<p><b>Birdie of Gratitude</b>            Draw a smiley face on the end of the shuttlecock. Split class into two sides and have them stand facing each other. Call out a topic of gratitude for the round (people, animals, food, sport, etc.) and play at least 3 rounds. One will begin and pass the birdie to the student across from him/her and they will answer what they are grateful for based on the topic of the round. Then they will pass it across to the next player, it will zig-zag up the line until it is finished. Each student will get a chance to answer.</p> <p><a href="http://www.ethanksgivingday.com/games/birdie-of-gratitude.html">http://www.ethanksgivingday.com/games/birdie-of-gratitude.html</a></p>
3-6	0-5 min	<30 min	Printed and cut out cards from lesson plan	<p><b>Odd Thankful</b>            Click on this link for the full activity:  <a href="https://drive.google.com/file/d/0B2qCI_85_KpyNTRiNmFkY2ItMGUxMi00M2U5LWJhNTA1NWFIOTQwOGFkNmY5/view">https://drive.google.com/file/d/0B2qCI_85_KpyNTRiNmFkY2ItMGUxMi00M2U5LWJhNTA1NWFIOTQwOGFkNmY5/view</a></p>
K-6	0-5 min	<15 min	Paper, pencil	<p><b>Today I am Most Grateful For...</b>            Give students the writing prompt "Today I am most grateful for..." and have them write their response and draw it after they are done writing. As the teacher, do it along with them and then have a couple or all (depending on time) share their responses.</p> <p><a href="http://www.iheartcraftythings.com/2013/11/thankful-writing-prompt-family-activity.html">http://www.iheartcraftythings.com/2013/11/thankful-writing-prompt-family-activity.html</a></p>
3-6	0-5 min	<30 min	Cut slips with the names of individual students, paper, art supplies, pencils	<p><b>Secret Gratitude</b>            Have each child secretly draw the name of one other student in class, just as you would with a Secret Santa game. Instead of exchanging gifts, however, ask students to produce a card or letter in which they showcase their drawn classmates' strengths. Then collect them and give them to the each of the students so that they can read and see what a classmate wrote about them (you may reveal who had who if you would like to).</p> <p>See more at: <a href="http://www.educationworld.com/a_curr/classroom-activities-character-development-thankful-gratitude.shtml#sthash.AmTIQPTP.dpuf">http://www.educationworld.com/a_curr/classroom-activities-character-development-thankful-gratitude.shtml#sthash.AmTIQPTP.dpuf</a></p>