

PICTURE JOURNALS

SESSION A



Gratitude is:

- * Being thankful for what you have.
- * Taking the time to show others that you are grateful.
- * Appreciating the generosity of other people.

Description:

Being thankful for what you have and the kindness you receive from others. Taking the time to show others that you are thankful.

Synonyms:

- * Saying thank you
- * Grateful

LEARNING OBJECTIVES:

Children will identify who they are thankful for and describe why.

Suggested Resources:

Materials to create a picture brainstorm. For example 'Gratitude' could be written in the middle of a large sugar paper circle and children's ideas could be written on paper petals.

Script:

Explain to children that today they are going to think about all the things in their lives that they enjoy doing. Who do we enjoy spending time with? What do we enjoy doing most with our time? How do we have fun at weekends? Take a range of answers from children. Explain that it is important to show people how much we enjoy spending time with them and how much we enjoy the things they let us do, like going to the park at the weekends or eating our favourite foods.

Suggested Activities:

Give each child a white paper petal (this should be large enough to draw a picture). At tables, children can draw a picture of a person that makes their world a special one – for example, their mum or dad, siblings, aunt, cousin, best friend. Children should label their person and stick it to the centre of the class flower. Gather children on the carpet and ask a few to describe who they have drawn and why they are thankful for them.

Character Coaching

Meaningful Praise:

Well done – I like the way you have said thank you to that person because they did a kind thing for you.

Guidance:

Remember that it is nice to be thankful to people that help you and show you kindness.

Correction:

Remember that we should not ignore the kind things that people do for us. It is important to be thankful because it helps everybody get along happily.

