



REFLECTING ON GRATITUDE

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:

- * Grateful
- * Thankful

LEARNING OBJECTIVES:

To be able to answer questions about the good things that have happened in their lives; to reflect on who enabled these good things to happen.

Suggested Resources:

Clipboards, with print-out of questions, and writing paper for children to take notes.

Script:

This lesson takes place over two sessions. In this first lesson, half of the class will interview the other half about something good that has happened in their lives recently. (In the second lesson, the groups swap around.) Teacher and Teaching Assistant can model the interview process, but first set out some ground rules – what makes a good interviewer? What makes a good interviewee? Run through the key questions that you want children to explore. Tell me about a good thing that has happened recently? Why did this good thing happen? What does this good thing mean to you? What can you do tomorrow to enable more of this good thing? What ways did you or others contribute to this good thing? You may add questions to clarify and build on answers as appropriate.

Suggested Activities:

Organise children into pairs. This week one child will be the interviewer and the other the interviewee. Next week they will swap around. Send children to quiet corners of the classroom for this activity. You may want to give children clipboards with the questions and a piece of lined paper for notes. Once pairs have completed the activity, bring everyone to the carpet for the interviewers to share some of their findings.





Character Coaching

Meaningful Praise:

Thank you for your contribution to the lesson today.
You listened really closely when you were interviewing.

Guidance:

Remember that it is important to show gratitude to the people that are kind to us or help us.
Who needs your gratitude most today?

Correction:

I noticed that you found it hard to listen when you were interviewing. Can you tell me what you think it was like for your interviewee to not be listened to fully? What do you need to do differently next time to listen really well?

