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T: Promoting gratitude.



What is gratitude?

The quality of being thankful; readiness to show appreciation for and to return kindness.



How do you show thanks?



We can show gratitude in different ways, and for different things. How do we feel when we give thanks? How does it feel to be someone who receives thanks?



Watch the story of The Giving Tree..

[The Giving Tree - Animated Children's Book - YouTube](#)

- Did the boy always remember to show his thanks to the tree?
- Could he have shown his appreciation in a different way? How?
- What could he be grateful to the tree for?
- Do you think the boy's appreciation changed as the story went on?
- At the end what do you think the boy was most grateful for?
- How was the tree grateful to the boy? How did he show it?

We can be thankful in lots of different ways, for example we might be grateful that we can help someone else.



TASK

- Postcard - Write a postcard of thanks to someone you are grateful to this week.
- Gratitude walk - Take a gratitude walk around school/ neighbourhood. Try to observe using all of our different senses, for example; what can we hear, see, smell, and feel. Try to think of the things we might take for granted or not typically notice or appreciate. When you get back, write some of the things you noticed that you are grateful for.
- Gratitude alphabet - Work through the alphabet A-Z, Can you name one thing you are grateful for beginning with that letter?

