



## CORE MESSAGE

Cicero, the renowned Roman orator said, "Gratitude is not only the greatest of virtues, but the parent of all the others." Gratitude is much more than just saying thanks. It is a state of being thankful. Expressing gratitude not only improves relationships, but it has enormous benefits to the one doing the expressing. The feelings associated with gratitude produce energy, positivity, and increase alertness. The time you take to help students express more gratitude may very well be able to be measured in academic performance. It's that powerful.

## OBJECTIVE

To help students become more grateful and express more gratitude for those in their lives.

## SUPPLIES

- Gratitude Slideshow (Starts on page 6)
- Gratitude Script (On pages 4-5)
- Computer, Projector, & Screen

## SEL COMPETENCIES

SELF AWARENESS

✓ SELF MANAGEMENT

SOCIAL AWARENESS

RELATIONSHIP SKILLS

✓ DECISION MAKING

## OPENING DISCUSSION

(5 MINUTES)

(Use this discussion to set the tone.)

### Ask:

- How would you describe gratitude?
- What are the feelings associated with gratitude?
- What are some of the things you are grateful for? (Dig for multiple answers here)
- Is it possible to be grateful for chores, homework, exercise, or even hardships?

We don't always say thank you for those things we have to be grateful for. If we take a moment, all of us have plenty for which we can show gratitude (friends, access to education, a home, meals every day, etc.). Maybe all of us should take a moment and realize how truly good we have it, rather than thinking about how much better off others are.

## ACTIVITY

(5-8 MINUTES)

### ATTITUDE OF GRATITUDE

You will need to recruit 7 volunteers and print the Gratitude Script (on pages 4-5) so each volunteer has the lines they need to read. Assign students as Speaker #1, Speaker #2, and so on. You will be projecting or showing a series of images from the Gratitude Slideshow (starts on page 6), and asking students to read the corresponding passages during the presentation.

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## DISCOVERY

**(5 MINUTES)**

Use the questions below for further discussion and learning. Feel free to add your own questions.

**What Happened?** (Talk about your group's experience.)

- What was it like seeing the images of how others live?
- How did it make you think about what you can be grateful for?
- Which images were most vivid to you?
- What were the thoughts and feelings you had during the slideshow?

**What Does It Mean?** (Talk about what can be learned.)

- What are you most grateful for? (Ask for multiple students to share)
- How often do you express gratitude for those things?
- What are the best ways to express gratitude?
- Who is the first person that comes to mind when you think about who you are grateful for? What makes you grateful?

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## CORE CHALLENGE

Share this challenge with your students to help them apply what they've learned.

**Write a note expressing your gratitude to a person you are grateful for. Deliver that note to the person. Or, if the person lives too far away, consider other options for sharing what you wrote.**

## STAFF FOLLOW UP

The Core Project could not be more grateful for the steadfast service of educators. We appreciate what you do. Most likely there are times you may become tired, exacerbated, or numb at the magnitude of your profession and position. In those moments all we ask is that you spend a moment recognizing how vital your role is to the students you serve.



## GRATITUDE SCRIPT

### **SPEAKER #1:**

(SLIDE 2: Image of a modest American house)

**Have you ever thought about the lives that people all over the world lead? Have you ever let it sink in how good you really have it? Have you ever thought about where you live and the roof over your head? We might complain about our house or wish it was bigger or cleaner.**

(SLIDE ): Image of house in 3rd-world country)

**But while we wish for a different house, some people around the world call something like this home.**

(SLIDE 4: Image of a homeless person)

**While others, even in America, may not even have a home.**

### **SPEAKER #2:**

(SLIDE 5: Image of a school bus)

**For us, getting to school might look like this.**

(SLIDE 6: Image of students boarding a train to school)

**Others may experience getting to school like this.**

(SLIDE 7: Image of kids working)

**For others, this may be as much school as they can hope for.**

### **SPEAKER #3:**

(SLIDE 8: Image of family meal.)

**Have you ever thought about the food you eat? While you're dinner might look similar to this...**

(SLIDE 9: Image of man looking in dumpster)

**...others are eating like this.**

(SLIDE 10: Image of children eating on the ground)

**4 Some are content with this.**

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## GRATITUDE SCRIPT

### **SPEAKER #4:**

(SLIDE 11: Image of video game controller)

Many of us love to indulge in video games, showing scenes of violence and devastation.

(SLIDE 12: Image of violent scene)

When others are live in the very scenes we see only imagine through a screen.

(SLIDE 13: Image of mother holding picture)

There are some who have paid the highest price of violence.

### **SPEAKER #5:**

(SLIDE 14: Image of rainy day)

We may groan about the weather. We may wish it would stop raining or not be so hot.

(SLIDE 15: Image of homes destroyed by natural disaster)

While others lives are washed out or destroyed without a moment's notice.

### **SPEAKER #6:**

(SLIDE 16: Image of standing in line)

We might complain about standing in line to see a concert or acquire the next best gadget.

(SLIDE 17: Image of children walking with water pots)

While nearly a billion people walk over four miles just to get water – most of which isn't clean.

### **SPEAKER #7:**

(SLIDE 18: Image of stars in the sky)

It's easy to get in a complaining mindset and feel like others have it better. If we look hard enough we'll find people who have more, bigger, and better. But this isn't about having or wanting more. This is about finding and expressing gratitude not only for what you have, but also for those people in our lives and the opportunities lie ahead. Expressing gratitude helps set us up for happy lives now and in the future.



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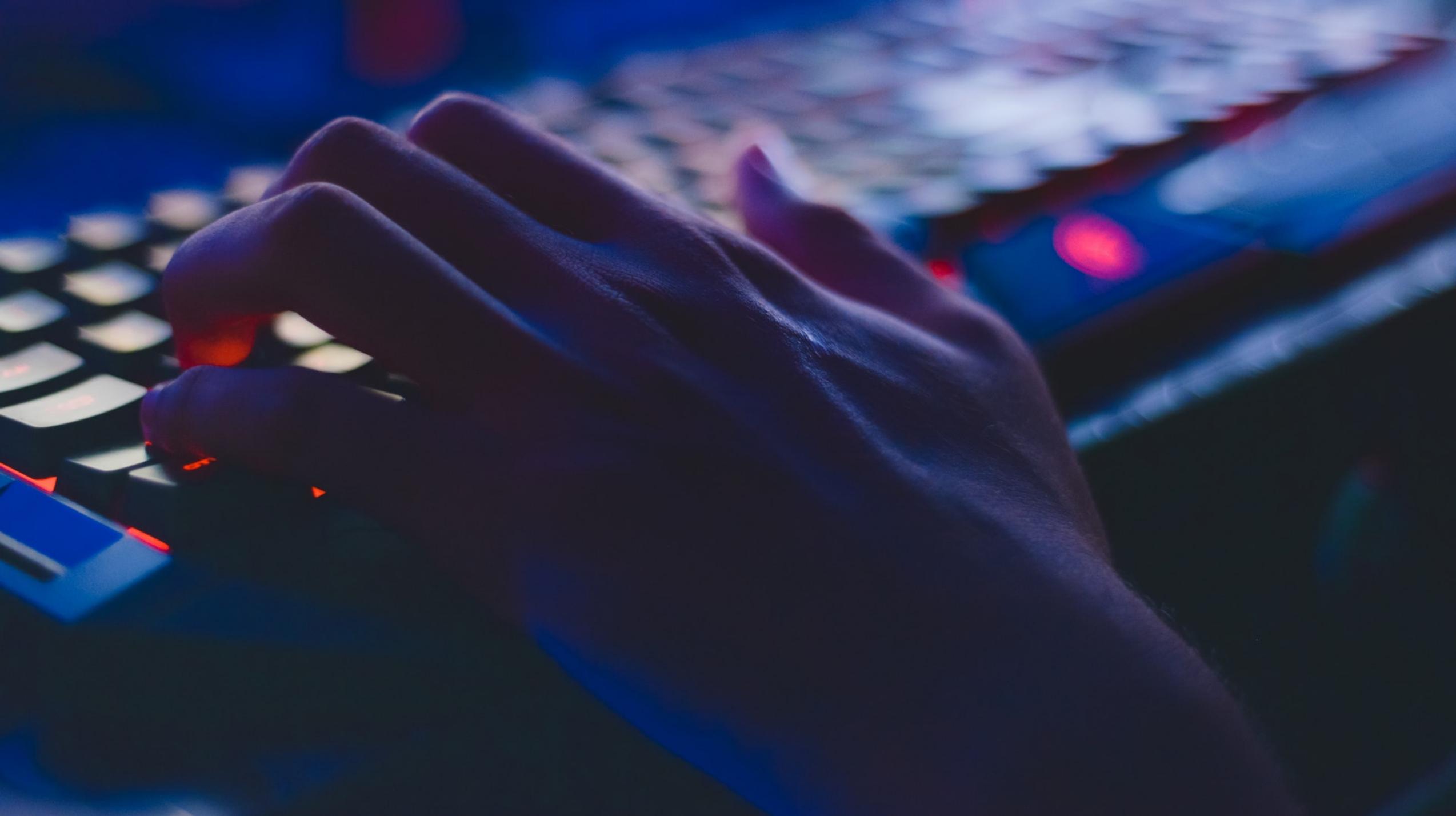
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