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LESSON:

A SIMPLE LESSON ON GRATITUDE

THANK
YOU!



BACKGROUND

Gratitude is an integral spiritual practice in every belief system. Expressing gratitude allows people to think beyond themselves, find perspective, feel connected to others, and experience joy. As Melody Beattie says, “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”

PREPARATION

Review the objective of the lesson and understand why it is important to talk to your child about developing a sense of and expressing gratitude.

- Review the lesson plan and anticipate what your child is ready for and what questions they may have.
- Familiarize yourself with the glossary terms. Prepare for an interaction which allows your child to actively participate in the discussion by contributing thoughts, ideas, and suggestions.
- Maintain a positive tone during the discussion and do not shame children for a lack of gratitude in past scenarios.

Think of a time your child showed gratitude without being prompted and use this example during your discussion. Have them think about the way they felt at the time, what their gratitude meant to the other person, and how gratitude contributed to making the experience a positive one.

OBJECTIVE

Help your child develop a sense of gratitude, not just for good things, but in their day to day life regardless of their present circumstances. The goal is to help your child define, recognize, and show gratitude and understand why it is important for personal happiness.

WHAT IS GRATITUDE?

Gratitude is a feeling of appreciation or thankfulness. While saying, “Thank You” is a universal expression of gratitude, there are many ways in which people both communicate and interpret expressions of gratitude.

QUESTIONS TO ASK YOUR CHILD

- How do you know when someone is grateful?
- What are ways people say thank you?
- Why is it important to say thank you?
- What are you grateful for?
- How do you feel when other people express their gratitude?
- How do you feel when you express your gratitude?

OTHER POINTS TO MAKE

- One way to increase our sense of gratitude is to envision ourselves in the place of another person.
- When we feel and express gratitude to and for others our emotional bonds are strengthened.
- Sometimes, we assume everyone shows and receives gratitude in the same way we do, but there are lots of different ways that people experience gratitude. There is no wrong way to show gratitude!

ACTIVITY

- Set a goal as a family to practice active gratitude each day. Active gratitude requires a person to consciously set aside a few moments for reflection and expression of gratitude at specific times throughout the day. For example, you may wish to practice active gratitude first thing in the morning, before a meal, or before bedtime. Remind and encourage one another in your efforts!
- Teach your children how to write a thank you note. While writing a whole note to say thank you may seem challenging to a child, you can help them by teaching them this simple fill-in-the-blanks formula to write thoughtful, personal thank you notes.

MANY THANKS!!

DEAR _____,

SECTION 1

THANK YOU FOR _____

OR

I WANTED TO TELL YOU _____

SECTION 2 *(Compliment one to two things)*

I THINK YOU ARE _____ BECAUSE _____

SECTION 3

I HOPE YOU HAVE A _____

SINCERELY,



FOLLOWING UP

- When expressing gratitude, it is important to think about what the other person may like.
- Remember: there are more ways to express gratitude than just saying, "Thank you."
- Lead by example and make a conscious effort to thank someone for something specific each day.



GLOSSARY TERMS

Express: To show or to put into words

Worthwhile: Worth the time it takes to do something

Bond: A connection with someone. Creates Friendships

This lesson is taken from *30 Days to a Stronger Child* which focuses on 5 facets, that are the MOST important for children to develop: Social, Intellectual, Spiritual, Emotional and Physical. Think about developing these qualities in terms of maintaining an account balance. Our children face pressures that can deplete these accounts. It is our job to teach our kids to be aware of what will drain these accounts, and what we can do to keep them at sufficient levels. If our kids don't learn to keep their accounts full, they won't have the inner strength to resist outside pressures.