



Gratitude

Being Thankful

## November #3 - Gratitude

**Materials:** worksheets

**Goal:** To help students to understand what gratitude is and how to show it.

### Teacher Directions:



*Explain to the students what Gratitude is. Ask them to share ideas of how you can show Gratitude or ways they have shown Gratitude.*



*Read the following story to the students and discuss the questions at the end.*

Imagine living in a cave where you could feel the world around you but could not hear anyone tell you who they are or what you are touching. The lights are out-you are in complete and utter darkness. Suddenly someone lights a match and gives you hints as to what is going on in the world. Your world is still dark and silent but images and ideas can be seen in your mind and your ideas and opinions can now be told to the people around you and the rest of the world. This is what happened to Helen Keller. She was born blind and deaf, with no ability to communicate or understand the world around her. However, a woman named Anne Sullivan changed all that by teaching her sign language. It took a lot of work to teach Helen to use her hands to communicate; Helen was mad at first and couldn't understand how to do this. But after trying and trying, she was able to learn sign language. That helped her be able to communicate and talk with her hands even though she couldn't see or hear.

1. If you were in Helen's position, how would you feel toward Anne?
2. How could you express your gratitude toward Anne?

*In-Class Activity*



November #3

*In-Class Activity*

Name: \_\_\_\_\_

**Directions:** Circle the pictures that show gratitude.



November #3  
Gratitude

School-Home Link

Name: \_\_\_\_\_

**Dear Parent:** Your child is reviewing showing gratitude. Together, come up with a list of ways to show gratitude in the different environments.



AT HOME

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AT SCHOOL

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IN THE COMMUNITY

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## What am I Thankful For (Gratitude)

Here is an example of a picture you can make showing some of the things you are grateful for.

After looking at this example, make your own Gratitude Poster!



# I am Thankful



# Keeping Track of Gratitude



Use this tracking form to record how well you are being grateful for what you have. Every day next week, write an example that shows something you are thankful for.

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Example of what you are grateful for today							
Why were you grateful?							
How did you show you were grateful?							

Set a Goal for Gratitude! How can you improve showing your gratitude? \_\_\_\_\_



# Keeping Track of Gratitude!

**THANK YOU**



This week draw three times you were grateful or thankful about something. You can draw them in these shapes!

