

**THIS LESSON CORRESPONDS WITH THE  
CORE LIFE GRATITUDE 2015 ISSUE.**

**15-20 MINUTES**

SUGGESTED SUPPLIES/TECHNOLOGY: Post-It notes

ESSENTIAL QUESTION: Who are you thankful for?

LEARNING TARGET: I can express gratitude to an important person.

BELL RINGER/ICE BREAKER: Teacher will say, "Today we are going to talk about gratitude. Gratitude is a feeling of thankfulness or appreciation toward someone or something. Open your newsletter to the third page. Take three minutes to list five things or people that you are thankful for."

Ask for students to share their lists. Ask guiding questions such as: What is something that happened recently that you are thankful for? Something that happened a long time ago? Do you need to have lots of "stuff" to be thankful? Why or why not? Why is it important to think about what you are thankful for? (5 minutes)

Ask students to think of a person at school or in their community that they are thankful for, like parents, teachers, friends, or anyone else they appreciate. Students will receive a Post-It note (or a notecard) and write a message of gratitude to that person. Students are encouraged to give this note to the person. They can stick it on their locker, desk, door, or hand deliver the message. Use the following example to help students begin:

*Dear Ms. Smith,*

*I want you to know that I appreciate what you do for me. You drive me to school safely every day so that I can get an education. Thank you for being my bus driver.*

*Sincerely,  
Katie Jones*

