



Social Emotional Virtual Learning

ECSE/Program

Being Grateful

May 2020



ECSE/Program Social Emotional Learning

Learning Target:

Students will learn about being grateful.

Read this short story with a grown-up:

Being grateful means being thankful.

I am thankful for big things, little things, and everything in between.

I am thankful for my favorite toy, a hug from mom, and everyone who keeps us safe.

When I am grateful, I am happier and healthier!



Let's make a thank you card together with a grown-up.

Think about someone that you would like to thank and tell a grown-up why you would like to thank that person.

Materials:

- Paper
- Art supplies
(e.g., crayons, coloring material, stickers)

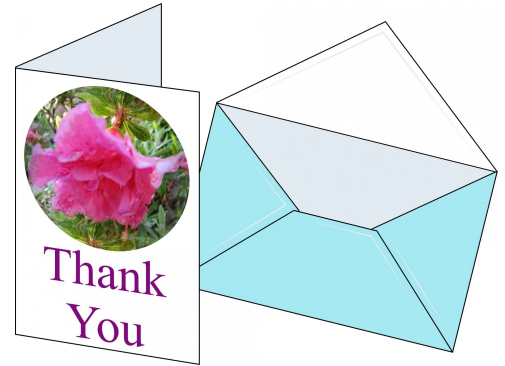
Directions (for adults):

Step 1 - Fold a piece of paper in half

Step 2 - Write "thank you" on the front of the card

Step 3 - Have child draw the person that he/she would like to thank on the inside of the card

Step 4 - Have child decorate the card



For a fun family activity, try creating a gratitude jar!

Think about something or someone that you are thankful for today.

Materials:

- Large clear jar
- Sticky notes
- Art supplies/Pen
(e.g., crayons, coloring material, stickers)



Directions (for adults):

Step 1 - Have everyone in the family say what they are thankful for

Step 2 - Everyone will write or draw a picture of what they are thankful for on a sticky note

Step 3 - Drop the sticky note into the gratitude jar

Step 4 - At the end of the week, take the sticky notes out and read it together as a family

Self-Check:

Tell a grown-up what you are grateful for today.

