



Counseling Virtual Learning

**4th Grade**

**Gratitude**

April 07, 2020



## 4th Grade Social Emotional Learning Lesson: April 7, 2020

### **Learning Target:**

Students will be introduced to the idea of gratitude and think of examples of things that they are grateful for.

# Gratitude

*What do you think it means?*

The word **Gratitude** is just another way to say that you are grateful or thankful for something.

*Practicing an attitude of gratitude can actually decrease feelings of disconnection and increase feelings of emotional well-being.*

# Let's Get Started:

This video can help explain!

Watch Video:

[What Is Gratitude?](#)



# Let's Practice!

Think about one person or thing that you are thankful for at home. You can even make a list of the people or things at home you are grateful for and share it with your family!



# Another way to practice:



Saying “thank you” is a great way to show gratitude. Think about a person outside of your home that you are thankful for. This could be anyone, including a person who works in your community.

Write them a nice note to tell them that you appreciate them. Have an adult help you mail it to that person.

# Showing Gratitude Daily

One way to keep track of all of the things that you are grateful for would be to keep a gratitude journal. Each day record one thing that you are thankful for. This can be a great tool to help keep you focused on the positive things going on in your life!

