

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?

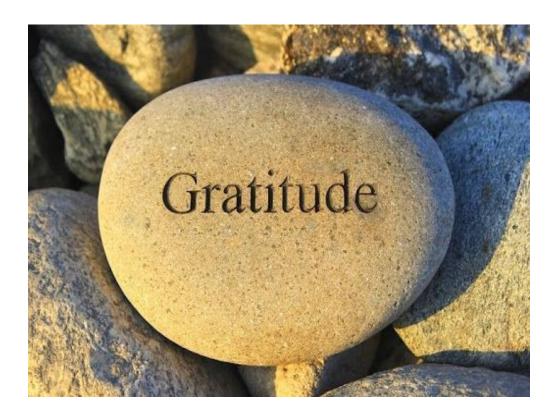
The word Gratitude is just another way to say that you are grateful or thankful for something.

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!

