

# CHARACTER EDUCATION

# GRATITUDE



Heart & Mind  
TEACHING

# GRATITUDE



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# GRATITUDE

## PARENT LETTER

Hello Parents,

We are learning all about Gratitude. We defined being grateful as: Being thankful and showing appreciation for what you have.

Here are some ways you can teach  
Gratitude to your child at home:



Share gratitude at the dinner table and/or at bedtime. Dedicate a time that as a family, you each share what you are thankful for.



Reinforce good manners by saying please, thank you, you're welcome, and excuse me.



Take a moment to point out the beauty all around you. Maybe it's the sound of the ocean waves, trees swaying in the wind, the color of the leaves, or the sunset. Share it with your child, and encourage them to look for those moments to be grateful for the small things all around us.

People who practice gratitude and intentionally count their blessings tend to be happier and less depressed.

# GRATITUDE

## WRITING PROMPTS

1. What does it mean to be grateful? What makes you a grateful or ungrateful person?
2. Think of a time when you had a chance to show that you were grateful. How did it make the other person feel? How did it make you feel?
3. How can you show gratitude to someone? How can you express gratitude to yourself?
4. Describe something you did that was ungrateful. How did it make you feel? What did you learn from that?
5. Are there ever situations where it might be okay to refuse a gift? Explain.

# GRATITUDE

## RECOMMENDED READ ALOUDS

The gift inside the box by Adam Grant

Gratitude is my Superpower by Alicia Ortego

Last stop on Market Street by Matt de la Pena

Grateful Ninja by Mary Nhin

The thank you book by Mary Lyn Ray

The Thank you letter by Jane Cabrera

When grandma gives you a lemon tree by Jamie L.B. Deenihan

The Thankful book by Todd Parr

Those Shoes by Maribeth Boelts

Apple Cake: A Gratitude by Dawn Casey

Coat of many colors by Dolly Parton

Thank you, Omu! By Oge Mora

Spoon by Amy Krouse Rosenthal

A chair for my mother by Vera M. Williams

Firenze's Light by Jessica Collaco

# GRATITUDE

## MORNING ANNOUNCEMENTS

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

Date: \_\_\_\_\_

**\*Week 1:** We are learning all about Gratitude. We defined being grateful as being thankful and showing appreciation for what you have. Some ways you can show gratitude at school are telling your teacher how much you appreciate them, giving a compliment to a classmate, thanking the custodians, and being respectful.

**\*Week 2:** We are continuing to learn all about Gratitude. Remember being grateful means being thankful and showing appreciation for what you have. Some ways that you can show gratitude at home are starting a gratitude journal, showing appreciation to your parents, writing a thank you note to a relative, showing love to your grandparents, and talking about what you are grateful for around the dinner table.

**\*Week 3:** We are continuing to learn all about Gratitude. Remember being grateful means being thankful and showing appreciation for what you have. Some ways that you can show gratitude in your community is by volunteering, thanking your mailman and delivery workers, spreading kindness online, and taking time to appreciate nature.

**\*Week 4:** As we continue to learn about Gratitude, let's reflect on this quote by Oprah Winfrey, "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." This means there will always be something that others have and you do not have, happier people focus on what they have and appreciate it. What is one way you will show gratitude today?

**\*Week 5:** Gratitude is an essential trait to have for many careers. Case Workers for example show a lot of gratitude. Case Managers provide ongoing intensive support to our neighbors in need by connecting them to resources, providing assessments, coordinating services, doing crisis intervention, and helping them apply for benefits. They are a crucial resource in helping a person end their homelessness. Case Managers are able to feel pride and gratitude, taking solace in the fact that they are able to be a positive influence and change lives every day. Think of a career you may be interested in and how you can show gratitude within that career.

**\*Week 6:** Gratitude is shown by leaders throughout history and is an important feature of being a leader. One such leader is José Andrés, a chef and restaurant owner. He started World Central Kitchen, a non-profit organization, in order to get food to those in need during tragic national disasters. He has helped prepare food after the earthquake in Haiti, hurricanes in Puerto Rico and Texas, fires in California, the stranded cruise ships during the pandemic, and more. The organization has feeding missions in 13 countries, serving 15 million meals. He showed us the importance of being a gracious leader when asked why he always travels to the disaster sites to personally volunteer he said, "I want to be with the guys to see it and give thanks". Think about how you can be a leader in your classroom by showing gratitude.





I CAN BE  
**GRATEFUL**

BY BEING

*thankful*

AND

SHOWING

*appreciation*

FOR WHAT  
YOU HAVE.



CHARACTER EDUCATION

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FOR WHAT  
YOU HAVE.



CHARACTER EDUCATION

# GRATITUDE

## PRE-SURVEY

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

Date: \_\_\_\_\_

I am learning to show gratitude.



Always



Sometimes



Hardly



Never

I can define what gratitude means.				
I can identify ways to be grateful.				
I can recognize grateful behavior.				
I am grateful in the classroom.				
I am grateful at home.				
Showing gratitude is important to me.				
I think about being grateful before I do something.				



# GRATITUDE

## POST-SURVEY

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

Date: \_\_\_\_\_

I am learning to show gratitude.



Always



Sometimes



Hardly



Never

I can define what gratitude means.				
I can identify ways to be grateful.				
I can recognize grateful behavior.				
I am grateful in the classroom.				
I am grateful at home.				
Showing gratitude is important to me.				
I think about being grateful before I do something.				

# GRATITUDE GOOD CHARACTER AWARD

Presented to:

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Teacher



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Date

# GRATITUDE GOOD CHARACTER AWARD

Presented to:

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Teacher

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Date

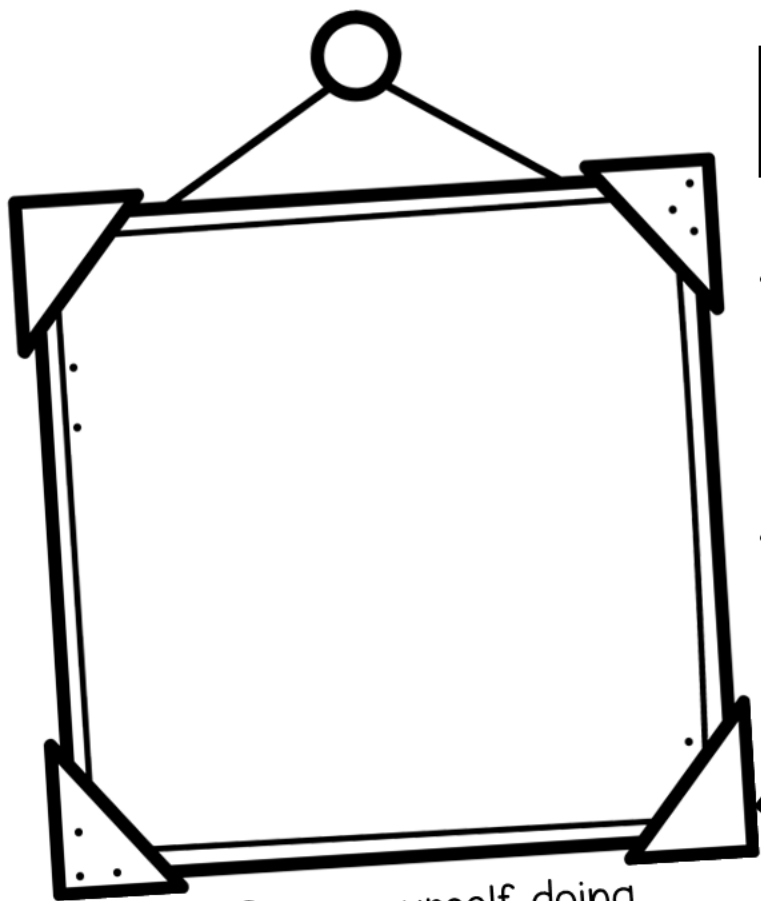


# GRATITUDE

## WAYS TO SHOW GRATITUDE

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

Date: \_\_\_\_\_



Draw yourself doing something showing gratitude.

I can be grateful by...



What does Gratitude mean to me?



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# GRATITUDE

## WAYS TO SHOW GRATITUDE

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

Date: \_\_\_\_\_



### Ways I can show gratitude at School



Give a compliment  
to a classmate.



Thank the cafeteria  
workers.

Tell your  
teacher how  
much you  
appreciate  
them.



Do a random act  
of kindness for a  
classmate.

Be  
respectful  
and follow  
the  
classroom  
rules.



Give back to others.



Tell a friend you  
appreciate them.



Thank  
the  
custodians.



Celebrate  
appreciation weeks  
for school staff.

# GRATITUDE

## WAYS TO SHOW GRATITUDE

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

Date: \_\_\_\_\_



## Ways I can show gratitude at Home



Think of 3 things  
every day to be  
grateful for.

Show  
appreciation  
to your  
parents.



Write a thank you  
note to a relative.

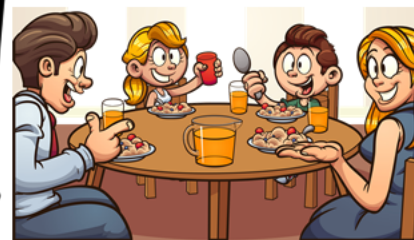


Show love for your  
grandparents.



Use good manners  
and be respectful.

Talk about what you  
are grateful for around  
the dinner table.



Start a gratitude  
journal.



Thank the garbage  
collectors.



Think about what  
you are thankful  
for at bedtime.





# GRATITUDE

## WAYS TO SHOW GRATITUDE

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

Date: \_\_\_\_\_



### Ways I can show gratitude in my Community

Volunteer  
in your  
community



Take a gratitude  
walk, appreciating  
what you  
see along  
the way



Help someone in  
need in your  
community.



Say thank you  
to a neighbor.



Take a minute to  
appreciate nature.



Thank community  
helpers, military, and  
service members.



Return  
something  
you  
borrowed  
from a  
neighbor.



Spread kindness  
and encouragement  
online.



Thank your  
mailman and  
delivery  
workers.



Give a compliment  
to a classmate.

Show appreciation  
to your parents.

Thank the cafeteria  
workers.

Volunteer in your  
community.

Show love for your  
grandparents.

Do a random act of kindness  
for a classmate.

Return something you  
borrowed from a neighbor.

Say thank you  
to a neighbor.

Tell a friend you  
appreciate them.

Tell your teacher how much  
you appreciate them.

Help someone in need in  
your community.

Write a thank you  
note to a relative.

Be respectful and follow  
the classroom rules.

Thank community helpers,  
military, and service members.

Celebrate appreciation  
weeks for school staff.

Talk about what you are grateful  
for around the dinner table.

Think about what you are  
thankful for at bedtime.

Thank your mailman and  
delivery workers.

# GRATITUDE

## WAYS TO SHOW GRATITUDE SORT

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

Date: \_\_\_\_\_

Ways I can show gratitude  
in my School

Ways I can show gratitude  
in my Home

Ways I can show gratitude in  
my Community

# GRATITUDE

## STUDENTS WITH CHARACTER

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

Date: \_\_\_\_\_

Grateful Students

# FRIENDSHIP IS A TREAT



Callie goes trick or treating and comes back with barely any candy this year. She is sad and disappointed. Her friends come back with a ton of candy. They see that Callie is upset and offer to share some of their candy with her. Callie is so grateful, she gives them both a hug and says "thank you so much". Later, she writes them both thank you cards. A week later, both her friends run out of candy, and Callie still has some left. So she offers to share with them what she has. They offer their thanks and tell her they appreciate her friendship.

How did these students show Gratitude?



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# GRATITUDE

## LEADERS WITH CHARACTER

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

Date: \_\_\_\_\_



### Grateful Leaders

## CHEF JOSÉ ANDRÉS

José Andrés is a chef and restaurant owner. When he was just 21 years old, he moved to New York City from Spain with only fifty dollars. Working his way up at restaurants and gaining popularity, he opened his own restaurant. He now owns multiple restaurants. He started World Central Kitchen, a non-profit organization, in order to get food to those in need during tragic national disasters. It has helped prepare food after the earthquake in Haiti, Hurricane Maria in Puerto Rico, Hurricane Harvey in Texas, fires in California, the stranded cruise ships during the Covid-19 pandemic, and more. The organization has launched feeding missions in 13 countries, serving some 15 million meals. He showed us the importance of being a gracious leader when asked why he always travels to the disaster sites to personally volunteer he said, "I want to be with the guys to see it and give thanks".

How did Chef José Andrés show Gratitude?



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# GRATITUDE

## CAREERS WITH CHARACTER

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

Date: \_\_\_\_\_

Grateful Careers

# CASE MANAGER



Case Managers provide ongoing intensive support to our neighbors in need by connecting them to resources, providing assessments, coordinating services, doing crisis intervention, and helping them apply for benefits. They are a crucial resource in helping a person end their homelessness. Case Managers are able to feel pride and gratitude, taking solace in the fact that they are able to be a positive influence and change lives every day; knowing that a person was able to attain their own housing, and now no longer has to live on the street.

How do Case Manager's show gratitude?



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# GRATITUDE

## DIGITAL CHARACTER

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

Date: \_\_\_\_\_

Digital Gratitude

# SOCIAL MEDIA ENVY



Christina is feeling bad about her life because she sees her friends on social media always looking happy, going on cool vacations, buying new things, and looking perfect. She talks to her older brother about this, and he reminds her that social media often only shows the positive parts of people's lives and leaves out the difficult stuff. He asks her to think of what she has that others might not have. She comes up with a list of things she is grateful for and saves it to her phone so she can always reflect back on it. She thanks her brother for the reminder to focus on what you have, not what you don't.

How did she show digital gratitude?



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 Cut and  paste onto next page

Thanking  
someone  
for a gift.



Complaining  
about a gift.



Giving to others.



Telling someone you  
appreciate them.



Not  
returning  
something  
you  
borrowed.



Not  
appreciating others.



Writing a  
thank you note.



Not saying thank you.



Feeling  
entitled or  
expecting  
things  
without  
working for them.



Taking a moment to  
appreciate what you  
have.



Using good  
manners and  
being  
respectful.



Taking for granted  
what you have.





# GRATITUDE

GRATEFUL OR NOT? SORT

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

Date: \_\_\_\_\_



**THIS IS SHOWING GRATITUDE**



**THIS IS NOT SHOWING GRATITUDE**

# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your friend goes out of their way to help you with something and you forget to say thank you.

Your friend goes out of their way to help you with something and you thank them over and over.

Your grandma gets you a birthday gift that you do not like, so you tell her that it's not really your style.

# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your grandma gets you a birthday gift that you do not like, but you tell her that you love it.

Your classmate lends you a pencil and you break it.

Your classmate gives you a compliment and you smile and say thanks!

# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your classmate gives you a compliment and look at them awkwardly.

It's mother's day and you don't do anything special for your mom.

It's Teacher Appreciation week and you bring your teacher flowers.



# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your teacher asks  
for your help  
cleaning up after  
art and you say  
no.

Your parent works  
hard to throw you  
a party at a park,  
but it rains the  
whole time. You  
tell them it's the  
worst party ever.

Your parent  
throws you a great  
party at a park,  
but it rains the  
whole time. You  
tell them you loved  
it anyways.

# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your parent makes your favorite food, pizza, for dinner but it's the wrong type of pizza. You say nothing and just enjoy what you got.

Your parent makes your favorite food, pizza, for dinner but it's the wrong type of pizza and you tell them that.

You don't get the birthday gift you wanted. You start to cry.

# GRATITUDE

## CAUSE & EFFECT

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

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You don't get the birthday gift you wanted but you appreciate the gifts you did get.

Your friend offers to share a piece of cake with you and you take the bigger piece.

Your friend offers to share a piece of cake with you and you take the smaller piece.

# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.

Your friend always lends you supplies if you need it, you notice today she does not have any paper.



Do nothing.



Give her some of your paper.



Tell the teacher that she does not have paper.

Your parent gives you a gift that you do not like.



Say thank you.



Tell them you don't like it.



Ask for a different gift.

At the store, the cashier notices you gave them too much change and gives it back to you.



Take the money without saying anything to her.



Tell her you know you were right.



Take the money and say thank you.



# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.

Your classmate forgot their lunch money at home, you have an extra dollar today.



Give your classmate the dollar so they can eat.



Feel sorry for them.



Laugh at them.

Your parent offers to play video games with you, they have no idea how to play.



Tell your parent they need to learn how to play first.



Tell them no.



Say yes, and teach them how to play.

The person in front of you holds the door open for you.



Say thank you and hold the door open for the person after you..



Say nothing.



Slam the door behind you.

# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.

Your friend shows off their new shoes, you only have old shoes and wish you had new ones too.



Feel bad for not having new shoes too.



Make fun of their new shoes.



Feel glad that you have shoes, even if they are old.

You have been playing with the robot for a while and your brother asks to have a turn.



Let your brother have a turn.



Tell him no.



Throw it at him.

Your neighborhood is all getting together to clean up the local playground.



Pretend you did not know about it.



Help to clean up the playground.



Tell them you are busy.

# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.



Keep it since you like it.

Your neighbor lends you their bike since you don't have one.



Return it and offer your thanks.



Break it a little bit so that maybe they will let you keep it.

Your relative who lives far away sends you a gift for your birthday.



Do nothing.



Mention it if you see them again.



Send them a thank you note.

It's nurse appreciation week and your school nurse is always so nice to you.



Pretend you did not know about it.



Bring your school nurse a gift of appreciation.



Do nothing.

# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.



Make fun of them.

Your good friend is sitting alone and not being included in the activity.



Ignore it.



Invite them to join you.



Roll your eyes.

You are upset because you think something the teacher did was unfair.



Yell at your teacher "that's not fair"!



Be respectful and wait to talk to your teacher after class.



Do nothing.

You see on T.V. that your community is collecting food for the needy for the upcoming holiday.



Donate some food for the needy.



Feel sad about it.



# GRATITUDE

## ROAD TO GRATITUDE

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

Date: \_\_\_\_\_

### ROAD TO GRATITUDE: COLOR THE CAR OF YOUR ANSWER.



Help clean up.

Your parent asks for help cleaning up the house to get ready for a guest.



Tell them you will help, but don't actually help.



Refuse to help.

You want a new video game that just came out but your parent tells you they can't afford it.



Tell them it's okay, you have other games to play.



Tell them they need to make more money.



Cry and make them feel bad about it.

You see your teacher struggling to get everything done.



Say nothing.



Tell her she should take a break.



Tell her that she is doing a great job and you appreciate her.

# GRATITUDE

A GRATEFUL WORLD

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

Date: \_\_\_\_\_

## Tree of Gratitude

Think of all the people who have added to your life. This could be a parent, relative, teacher, coach, friend, neighbor, or even a stranger. Write one person on each leaf and what they did to add to your life.



# GRATITUDE

## A GRATEFUL WORLD

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

Date: \_\_\_\_\_

### Grateful in all areas.

Think of at least one thing to be grateful for in each of these areas of your life.

#### AT HOME

I am grateful for:

#### AT SCHOOL

I am grateful for:

#### PEOPLE

I am grateful for:

#### MY STUFF

I am grateful for:

#### MY SKILLS

I am grateful for:

# GRATITUDE

A GRATEFUL WORLD

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

Date: \_\_\_\_\_

## Write a Thank You Card.

Think of something that somebody did for you recently. Write them a thank you note for what they did. Be sure to express gratitude, mention what was given/done, and how it made you feel.

THANK

YOU





# GRATITUDE

A GRATEFUL WORLD

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

Date: \_\_\_\_\_

## Gratitude Jar

Write in the all the things you are grateful for today.



# GRATITUDE

## A GRATEFUL WORLD

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

Date: \_\_\_\_\_



### Grateful to be ME

Reflect on what you are grateful for about yourself. Write in your answer in the space provided.



Something I do well:	
Something that makes me feel proud:	
A subject I know a lot about is:	
A skill or talent I have is:	
A time I persevered when things were tough:	
Something I can do that others might not be able to do:	
Something unique about me is:	
A person I have that is always there for me is:	

# GRATITUDE

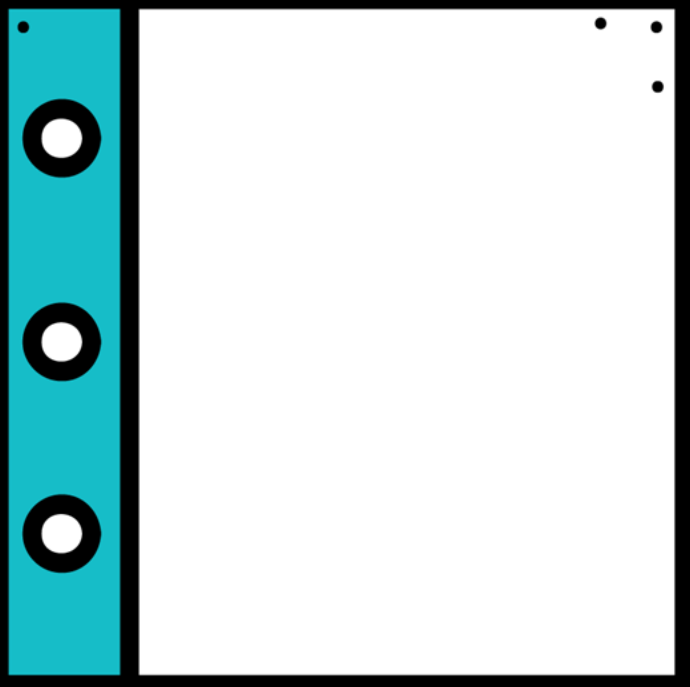
## A GRATEFUL WORLD

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

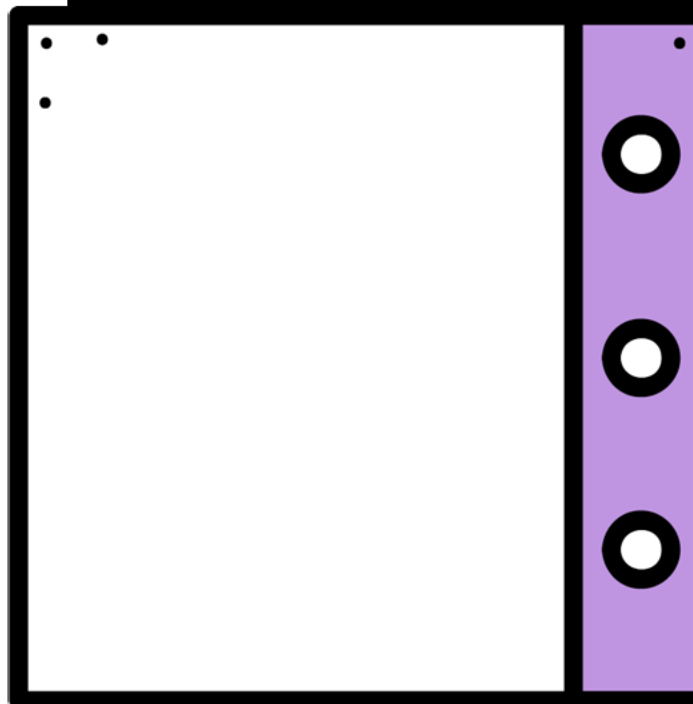
Date: \_\_\_\_\_

What are some examples of gratitude you have seen from others?

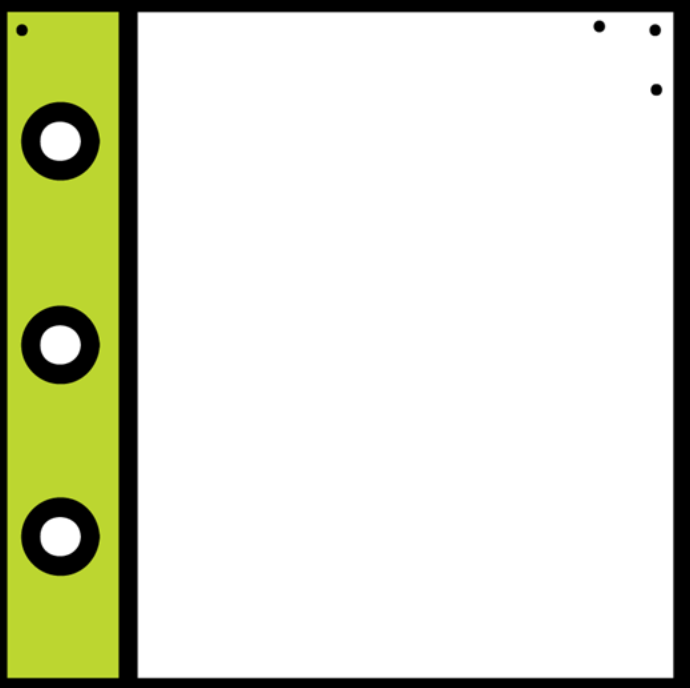
Relatives



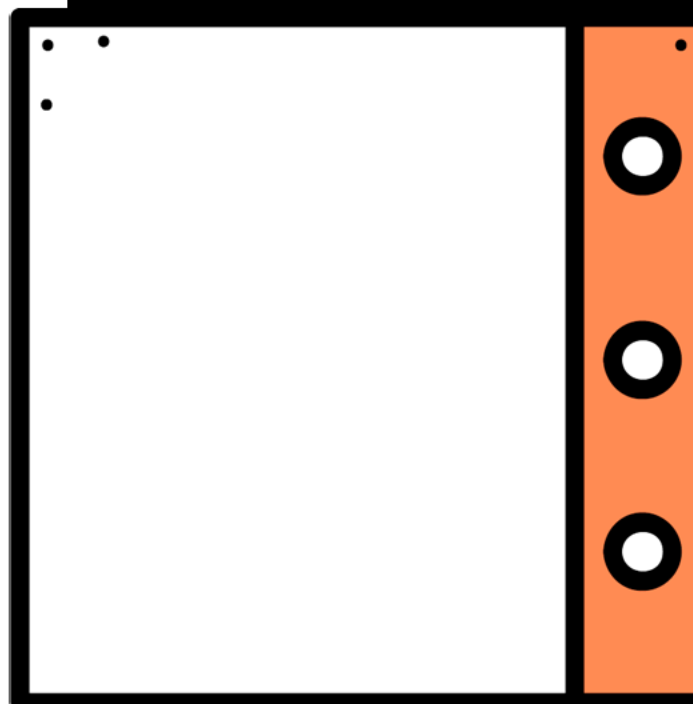
Parent/Guardian



Strangers



Friends



# GRATITUDE

## A GRATEFUL WORLD

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

Date: \_\_\_\_\_

What would society look like if no one was grateful?



Would you want to live in this society, why or why not?



# GRATITUDE

## A GRATEFUL WORLD

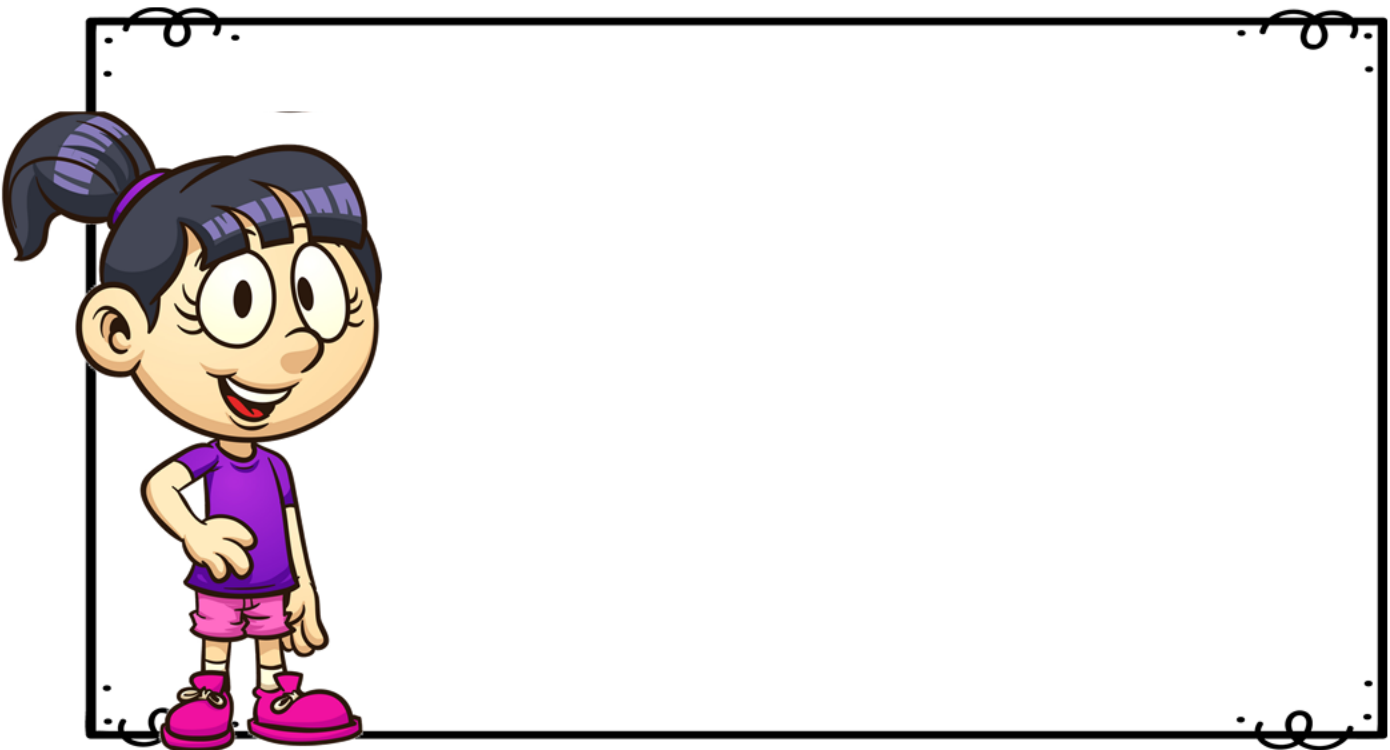
Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if everyone was grateful?



Would you want to live in this society, why or why not?





# GRATITUDE

## A GRATEFUL WORLD

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

Date: \_\_\_\_\_

Let's time travel to the **future**, what is one way you would want people to be more grateful? Why?



Let's time travel to the **past**, what is one way you would have wanted people to be more grateful? Why?



# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show grateful behavior.

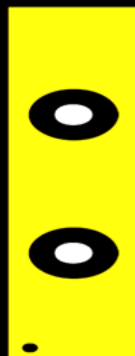
I was NOT grateful when I...



What I learned...



This is how I will be more grateful...



# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

Think about what gratitude means to you and how you like to show gratitude or have others show gratitude to you.

One way I would like to show gratitude



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

One way I would want gratitude shown to me



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

Being grateful is important to me because



	<p>• •</p> <p>•</p> <p>• •</p>	
--	--------------------------------	--

# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

Think about the ways you show gratitude, pick one that you feel you are consistent in doing and reflects your good character.



# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

Think about the ways you show gratitude, pick one that you feel you are consistent in doing and reflects your good character.





# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

Think about the ways you show gratitude, pick one that you feel you are consistent in doing and reflects your good character.



# GRATITUDE

## SELF-REFLECTION

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

Date: \_\_\_\_\_

Think about the ways you show gratitude, pick one that you feel you are consistent in doing and reflects your good character.



# GRATITUDE

## TASK CARDS

# TASK

## THINK & DISCUSS

# CARDS

### TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)



### DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered decisions showing gratitude?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be grateful or ungrateful?
- Does one ungrateful decision make you an ungrateful person?
- What will happen if you repeatedly make ungrateful decisions?

# GRATITUDE

What are ways to be  
a grateful friend?



THINK & DISCUSS

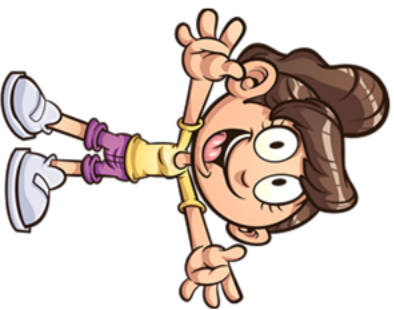


# GRATITUDE

What are ways to  
remind yourself  
of what you  
have to be  
grateful for?



THINK & DISCUSS



# GRATITUDE

What are ways  
you can show  
gratitude when  
you are online?



THINK & DISCUSS



# GRATITUDE

What is a skill  
or talent that  
you have that  
you are  
grateful for?



THINK & DISCUSS





# GRATITUDE

Think of a person  
you are grateful to  
have in your life.  
Why are you  
grateful for them?



THINK & DISCUSS



# GRATITUDE

What are  
ways to  
show  
gratitude as  
a student?



THINK & DISCUSS



# GRATITUDE

What are ways  
to show  
gratitude as a  
family  
member?



THINK & DISCUSS



# GRATITUDE

Think of someone  
who is grateful.  
How are they  
grateful?



THINK & DISCUSS





# GRATITUDE

Is saying thank you for  
a gift that you don't  
really like  
the grateful  
thing to do? Why?



THINK & DISCUSS



# GRATITUDE

What is one  
way you show  
gratitude in  
your life?



THINK & DISCUSS

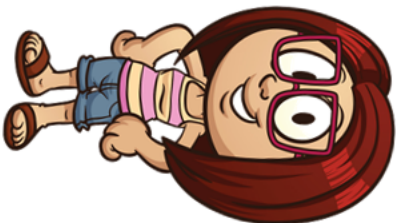


# GRATITUDE

What is a happy  
memory you are  
grateful to have?  
Why?



THINK & DISCUSS



# GRATITUDE

How can you show  
gratitude in the  
cafeteria?



THINK & DISCUSS



# GRATITUDE

How can  
you show  
gratitude in  
the library?



THINK & DISCUSS



# GRATITUDE

How can  
you show  
gratitude in  
the music  
room?



THINK & DISCUSS



# GRATITUDE

How can you show  
gratitude on the  
playground?



THINK & DISCUSS



# GRATITUDE

How can  
you show  
gratitude in  
the art  
room?



THINK & DISCUSS



# GRATITUDE

How can you show  
gratitude in the school  
hallway?



THINK & DISCUSS



# GRATITUDE

How can you show  
gratitude at P.E.?



THINK & DISCUSS



# GRATITUDE

How can you  
show gratitude  
when you are  
at a store?



THINK & DISCUSS



# GRATITUDE

How can you show  
gratitude at Recess?



THINK & DISCUSS





# GRATITUDE

What is one way  
you wish people  
would be more  
grateful?



THINK & DISCUSS



# GRATITUDE

What is one  
way that you  
want to be  
more grateful?



THINK & DISCUSS



# GRATITUDE

What are some  
things you have  
at home that you  
are grateful for?  
Why?



THINK & DISCUSS



# GRATITUDE

Is it showing gratitude to  
write someone a thank  
you note? Why?



THINK & DISCUSS

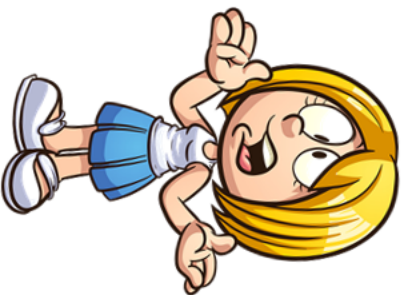


# GRATITUDE

Is it showing  
gratitude to  
complain about  
things you don't  
have? Why?



THINK & DISCUSS



# GRATITUDE

Is it showing  
gratitude to  
take the people  
in your life for  
granted? Why?



THINK & DISCUSS



# GRATITUDE

Is it showing  
gratitude to give  
your teacher  
attitude or talk  
back? Why?



THINK & DISCUSS



# GRATITUDE

Is it showing  
gratitude to  
return something  
your friend let  
you borrow?  
Why?



THINK & DISCUSS





# GRATITUDE

Is it showing  
gratitude to return  
a gift someone  
gave you? Why?



THINK & DISCUSS

# GRATITUDE

How do you feel  
when you  
appreciate  
what you  
have?



THINK & DISCUSS

# GRATITUDE

Is it ok to tell someone  
something hurtful even if  
it's the  
truth? Why?



THINK & DISCUSS

# GRATITUDE

How do you feel when  
you focus on  
what you  
don't have?



THINK & DISCUSS

# GRATITUDE

How can showing  
gratitude change  
the way that  
others view  
you?



THINK & DISCUSS



# GRATITUDE

Do you look grateful if when  
you are given a gift you  
don't smile and you say  
nothing?  
Why?



THINK & DISCUSS



# GRATITUDE

When someone  
shows ungrateful  
behavior  
frequently  
how do others  
view them?



THINK & DISCUSS



# GRATITUDE

Is being grateful an  
important character trait  
to have in a friend?



THINK & DISCUSS



# GRATITUDE

Is being grateful an important character trait for a leader to have?



THINK & DISCUSS



# GRATITUDE

Is being grateful an important character trait to have when using a phone or computer?



THINK & DISCUSS



# GRATITUDE

Is being grateful an important character trait for a student to have?



THINK & DISCUSS



# GRATITUDE

Is being grateful an important character trait to show working in a career?



THINK & DISCUSS



# SITUATION

## WHAT WOULD YOU DO?

# CARDS

### TIPS FOR USING CARDS



- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides

### DIG DEEPER QUESTIONS

- What is the grateful thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the grateful thing to do? Why?
- What are all the different decisions that could be made?



# GRATITUDE

Someone gives you a gift.

What is the grateful thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

A classmate lends you a pencil since you don't have one.

What is the grateful thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

Your neighbor friend offers to share their doll with you since you don't have any.

What is the grateful thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

Your parent gets you ice cream to celebrate but it's not the flavor you like.

What is the grateful thing to do?



WHAT WOULD YOU DO?





# GRATITUDE



**WHAT WOULD YOU DO?**

Your brother offers to help you with your math homework since you are struggling. You are not sure he knows it well enough to help.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

You borrowed your sister's rollerblades but you accidentally broke them.

What is the grateful thing to do?



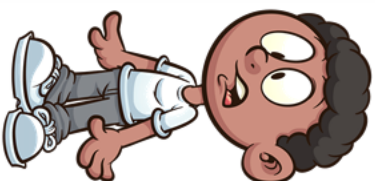
# GRATITUDE



**WHAT WOULD YOU DO?**

Your grandma gives you a gift that you don't like.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

Your parent worked hard to make dinner but it does not taste good at all.

What is the grateful thing to do?



# GRATITUDE

You don't get the birthday gift you really wanted.

What is the grateful thing to do?

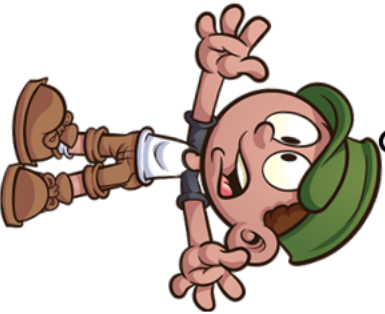


WHAT WOULD YOU DO?

# GRATITUDE

A classmate defends you when someone is being mean to you.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE

Someone holds the door open for you.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE

Your teammate passes you the ball since you have not had a turn yet.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE



**WHAT WOULD YOU DO?**

You are upset because everyone has new shoes for back to school but you have old ones.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

You promised your parent that you would finish your homework before you played video games. You really want to play though, and your homework is not done.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

Your grandparent asks you for help and you want make up an excuse not to.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

Your friend is always there for you, and he asks you for a favor.

What is the grateful thing to do?





# GRATITUDE

Someone gives you a compliment.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE

Your parent stays home from work to help take care of you when you are feeling sick.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE

The lunch your parent made you today is not something you like.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE

Your friend writes a nice comment on your social media picture.

What is the grateful thing to do?



WHAT WOULD YOU DO?

# GRATITUDE



**WHAT WOULD YOU DO?**

Your friend throws you a surprise party.



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

You are feeling upset because something did not go the way you wanted it to go.



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

Your neighbors ask if you want to volunteer to help clean up the local park.



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

You have a lot of books and notice that your friend does not have any.



What is the grateful thing to do?



# GRATITUDE



WHAT WOULD YOU DO?

Your aunt tells you she is knitting you a new sweater, the last one she made was ugly.

What is the grateful thing to do?



# GRATITUDE



WHAT WOULD YOU DO?

Your classmate invites you over to include you in the activity.

What is the grateful thing to do?



# GRATITUDE



WHAT WOULD YOU DO?

Your friend sees you playing and asks if he can play too.

What is the grateful thing to do?



# GRATITUDE



WHAT WOULD YOU DO?

The lunch lady says you can take one ice cream, she is not looking and you want to take more than one.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

Your brother offers to play soccer with you, but the last time you played with him he was not very good at it.



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

You only have one cookie for both your sister and you to share. One piece is a little bigger than the other piece of cookie.



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

Your parent takes you to the pool but it starts raining when you get there



What is the grateful thing to do?

# GRATITUDE



**WHAT WOULD YOU DO?**

You have been on the computer for a while, your classmate asks you if she can have a turn.



What is the grateful thing to do?

# GRATITUDE

It's School  
Secretary  
Appreciation Week.

What is the grateful  
thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

You have a guest speaker  
in your class today.

What is the grateful  
thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

The librarian does not charge  
you a late fee for your overdue  
library books.

What is the grateful  
thing to do?



WHAT WOULD YOU DO?



# GRATITUDE

Your  
neighbor  
waves hello  
to you.

What is the grateful  
thing to do?



WHAT WOULD YOU DO?





# GRATITUDE



**WHAT WOULD YOU DO?**

You get a valentine from someone that you don't really like.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

The custodian cleans up a mess in the cafeteria.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

Your bus driver goes out of their way to make sure you get to your house safely.

What is the grateful thing to do?



# GRATITUDE



**WHAT WOULD YOU DO?**

You are given a trophy for winning the game with your team.

What is the grateful thing to do?



**GRATITUDE**

**BEING** *thankful*

**AND SHOWING**

*appreciation*

**FOR WHAT YOU**

**HAVE.**

**CHARACTER EDUCATION**



# GRATITUDE

BEING *thankful*

AND

SHOWING

*appreciation*

FOR WHAT

YOU HAVE.



CHARACTER EDUCATION

# GRATITUDE

BEING *thankful*

AND SHOWING

*appreciation*

FOR WHAT

YOU HAVE.



CHARACTER EDUCATION

# GRATITUDE

BEING *thankful* AND SHOWING  
*appreciation* FOR WHAT YOU HAVE.

Giving to others.

Saying  
thank you.

Being respectful.

Being kind  
and helpful.

Appreciating  
what you have.

Returning  
borrowed items.



# QUOTE ABOUT

# GRATITUDE

**“BE THANKFUL FOR WHAT YOU HAVE;  
YOU’LL END UP HAVING MORE. IF YOU  
CONCENTRATE ON WHAT YOU DON’T HAVE,  
YOU WILL NEVER, EVER HAVE ENOUGH.”**

**- OPRAH WINFREY**

# STUDENTS WITH

# GRATITUDE



APPRECIATE WHAT THEY HAVE, INSTEAD OF  
FOCUSING ON WHAT THEY DON'T HAVE.

- \* Say thank you and you're welcome.
- \* Share and take turns.
- \* Return items they borrowed.
- \* Care about the feelings of others.



# CAREERS WITH

# GRATITUDE

## CASE MANAGER



Case Managers provide ongoing intensive support to our neighbors in need by connecting them to resources, providing assessments, coordinating services, doing crisis intervention, and helping them apply for benefits. They are a crucial resource in helping a person end their homelessness. Case Managers are able to feel pride and gratitude, taking solace in the fact that they are able to be a positive influence and change lives every day; knowing that a person was able to attain their own housing, and now no longer has to live on the street.

# LEADERS WITH

# GRATITUDE



José Andrés is a chef and restaurant owner. When he was just 21 years old, he moved to New York City from Spain with only fifty dollars. Working his way up at restaurants and gaining popularity, he opened his own restaurant. He now owns multiple restaurants. He started World Central Kitchen, a non-profit organization, in order to get food to those in need during tragic national disasters. It has helped prepare food after the earthquake in Haiti, Hurricane Maria in Puerto Rico, Hurricane Harvey in Texas, fires in California, the stranded cruise ships during the Covid-19 pandemic, and more. The organization has launched feeding missions in 13 countries, serving some 15 million meals. He showed us the importance of being a gracious leader when asked why he always travels to the disaster sites to personally volunteer he said, "I want to be with the guys to see it and give thanks".

# DIGITAL

# GRATITUDE

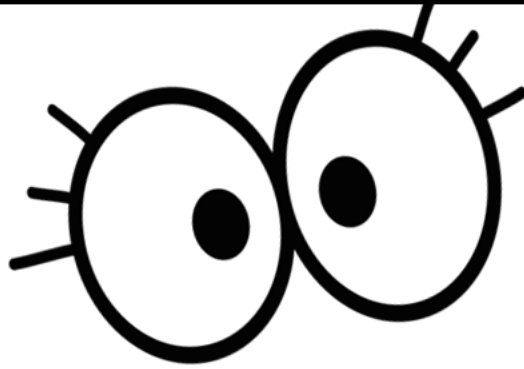


USE TECHNOLOGY TO SHOW OTHERS  
KINDNESS AND APPRECIATION.

- ✧ Before you press send, think, how does this sound to the person I am sending it to?
- ✧ Text, email, or leave a social media comment saying thanks to someone.

# GRATITUDE

## LOOKS LIKE



- \* I show excitement when given a gift.
- \* I appreciate others.
- \* I send thank you cards.
- \* I give back to others.
- \* I include others.
- \* I share and take turns.
- \* I check in on people I care about.
- \* I take time to focus on what I am thankful for.

# GRATITUDE

## SOUNDS LIKE

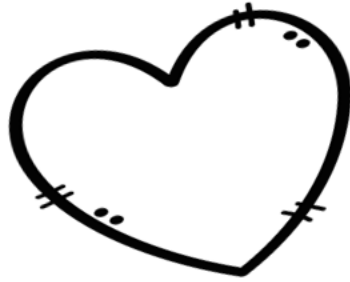


- \* I say thank you and you're welcome.
- \* I am thoughtful of how my words will make others feel.
- \* I use good manners.
- \* I ask others if I can help them.
- \* I use kind words.
- \* I listen intently.



# GRATITUDE

## FEELS LIKE



- \* I think about what I have and not what I don't have.
- \* I feel respectful and gracious.
- \* I can recognize the good things in my life.
- \* I appreciate my qualities and talents.
- \* I think of the positive things I learned from challenging situations.

# MY GRATITUDE PLEDGE

This is how I am going to be grateful:

--	--	--



Pledge by: \_\_\_\_\_

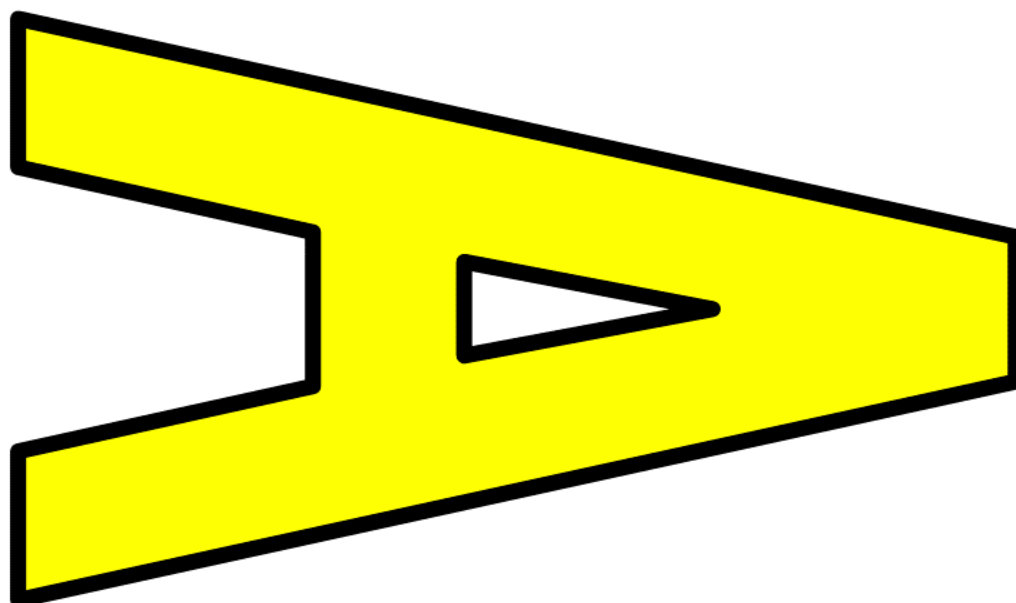
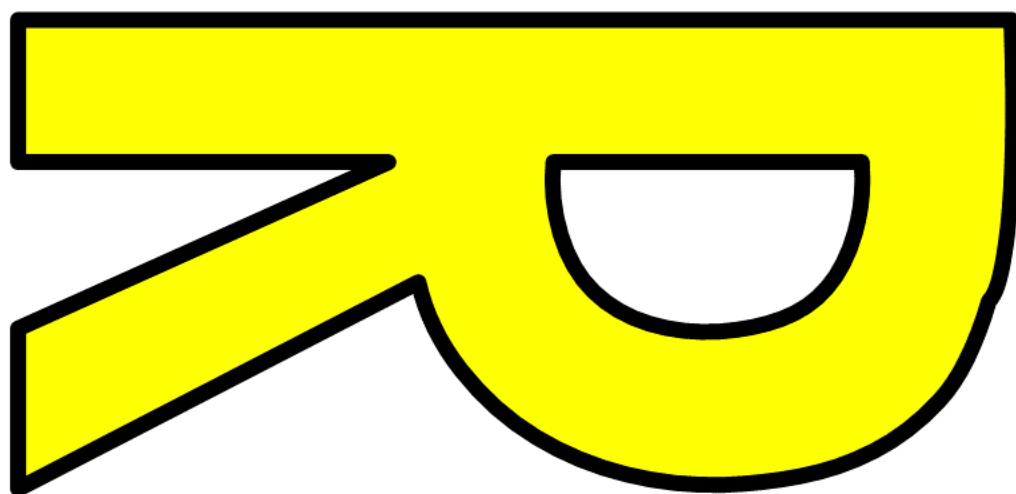
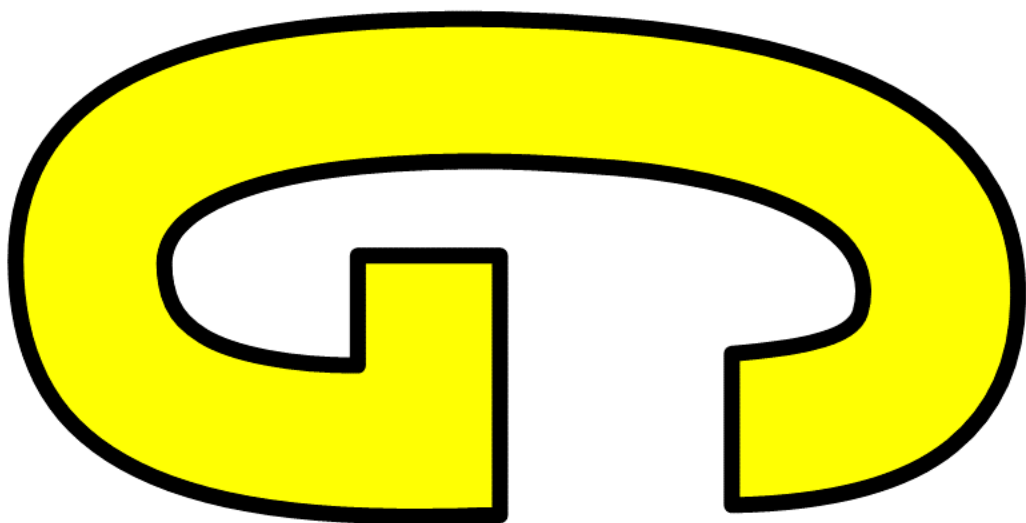
# MY GRATITUDE PLEDGE

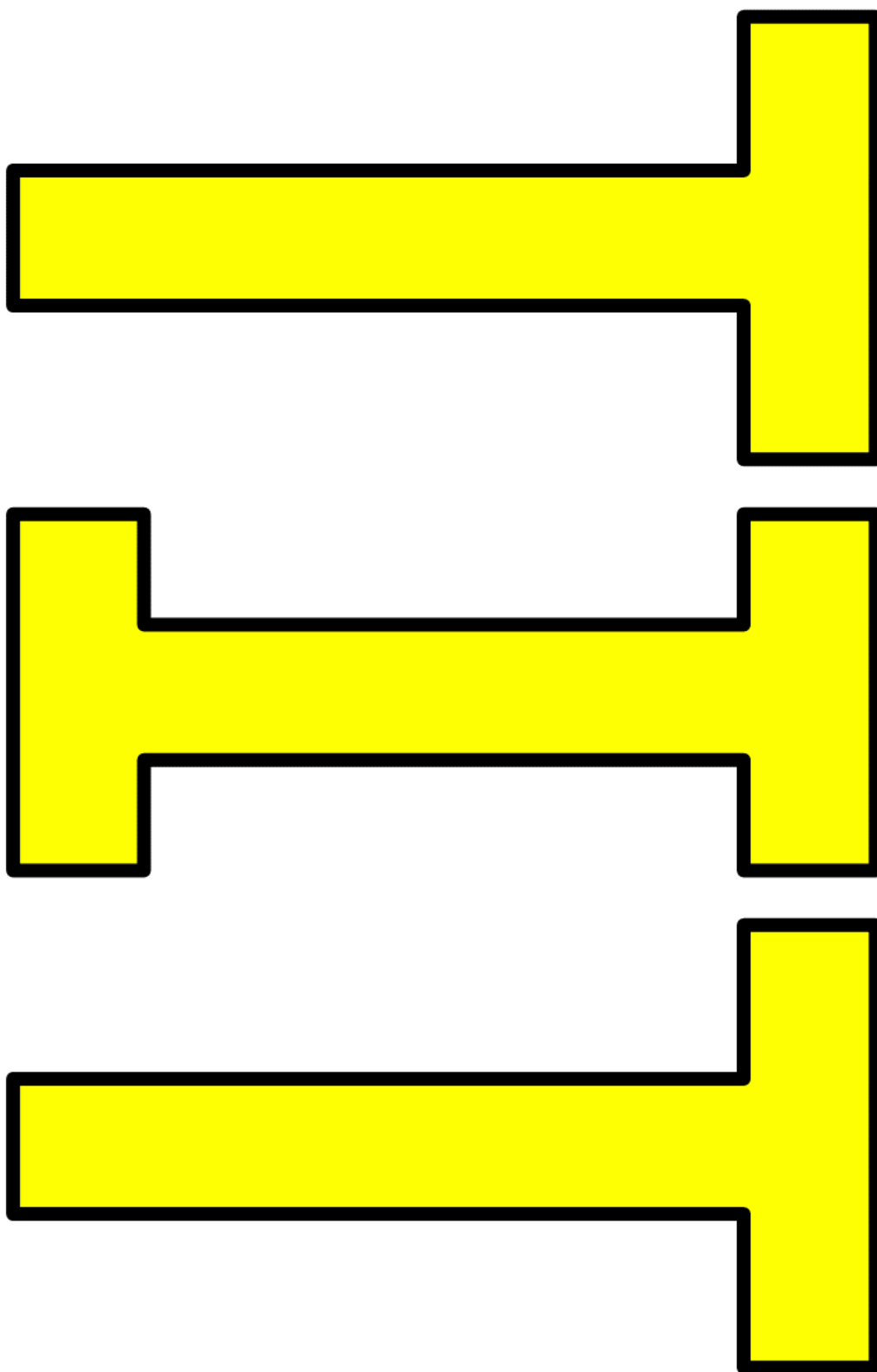
This is how I am going to be grateful:

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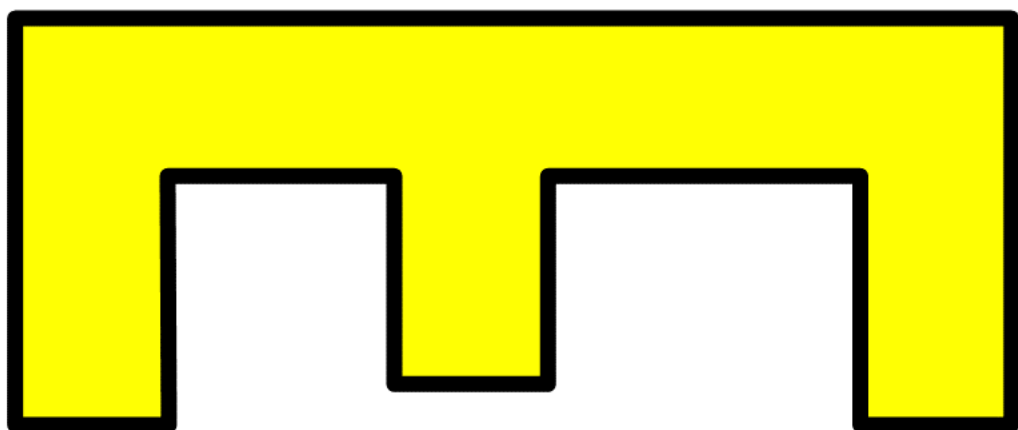
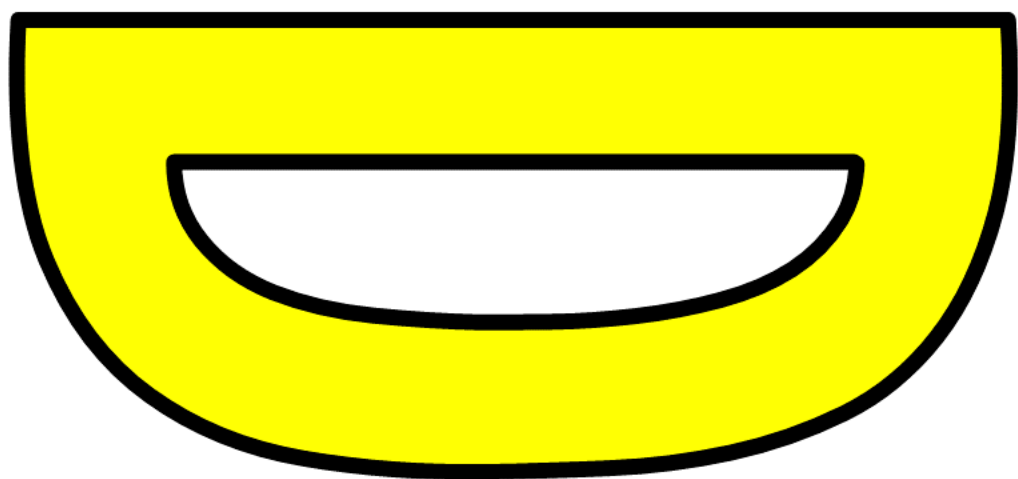
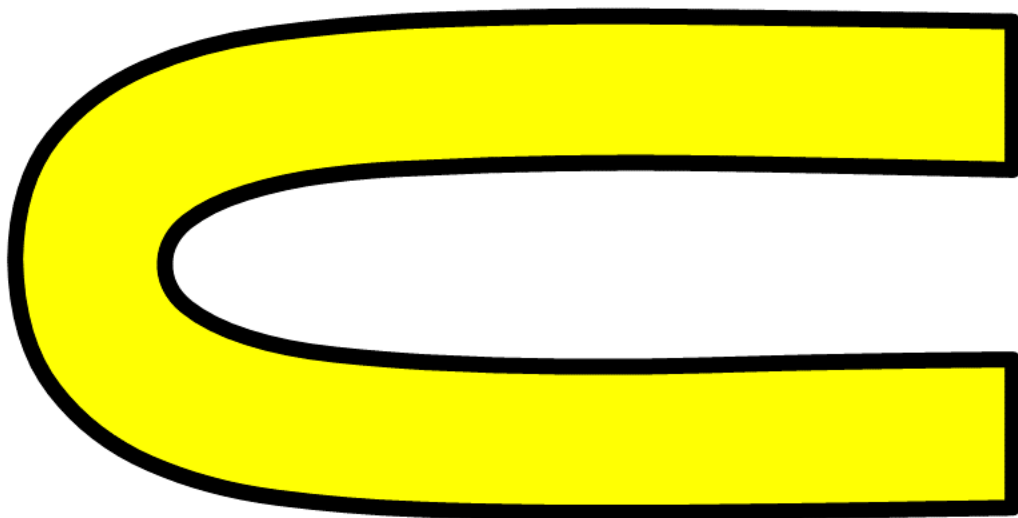


Pledge by: \_\_\_\_\_









# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Character Education: Gratitude](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise, they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

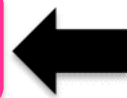
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New products are 50% off for 24hrs.

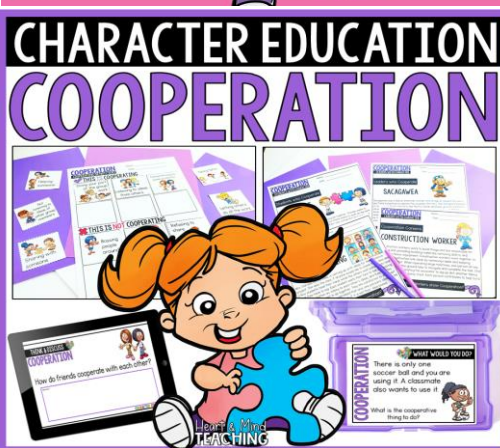
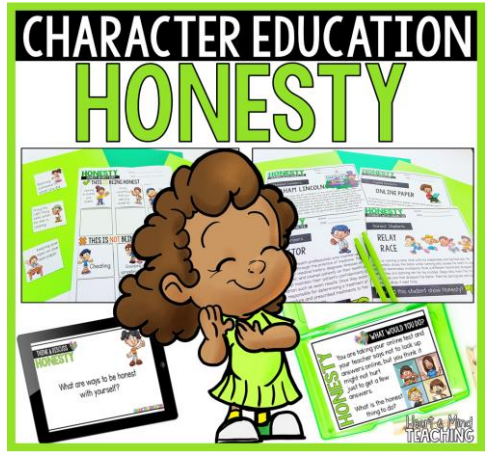


**CLICK HERE**



Check out the other available Character Education traits!

\*Also available as [BOOM CARDS](#)





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HeartandMindTeaching@gmail.com



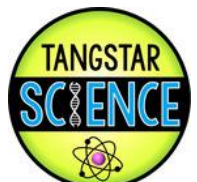
Ashley

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I WANT FREEBIES

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[Gayle McGlaulin](#)