

○ MUSIC city COUNSELOR

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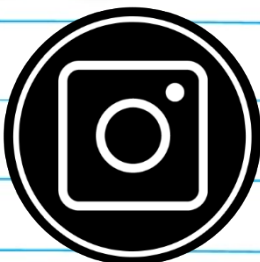


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let's connect!



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check out my website!

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# ASCA Mindsets & Behaviors:

## Category 1: Mindset Standards

M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.

## Category 2: Behavior Standards

B-SS 2: Create positive and supportive relationships with other students.

B-SS 3: Create relationships with adults that support success.



# **DIRECTIONS:**

**This lesson takes approximately 45 minutes to teach.**

## **Recommended Sequence:**

- Please review the PowerPoint (or digital for Google Slides) presentation.
- Then, please choose an activity:
  - Grateful turkey activity
  - Gobble Grams kindness notes
  - Worksheets

The presentation teaches students about the meaning of Thanksgiving, reasons why we might feel grateful, and how to show gratitude for others. The presentation asks students a couple of questions (what they are grateful for, how they can show gratitude to others) and these are a great opportunity to "turn and talk" with a friend, then share out with the class.

## **Grateful Turkey Activity:**

Students can write on each feather of the turkey a person or thing that they are grateful for. Then, they can decorate and color their turkey. This makes for a cute hallway or bulletin board display!

**Assorted worksheets are included, too!**

## **Gobble Grams:**

Gobble Grams are a wonderful way to spread kindness and gratitude around your building during the month of November! Students, teachers, and parents can write kind messages to each other that show why they are grateful for that person. Full color and black/white are both included, as well as 4 different designs and 3 sizes of each design. Please choose the design(s) and size(s) that work best for you and your students!

These can be used in so many different ways! A classroom teacher or school counselor can use them as an in-class activity and have students write them to each other, making sure everyone receives one. Teachers can send Gobble Grams to each other as a nice little faculty morale boost! I have even used them as a school fundraiser and sold them for \$1 with a piece of candy attached and then had parents, teachers, and students write them to each other and I deliver them!

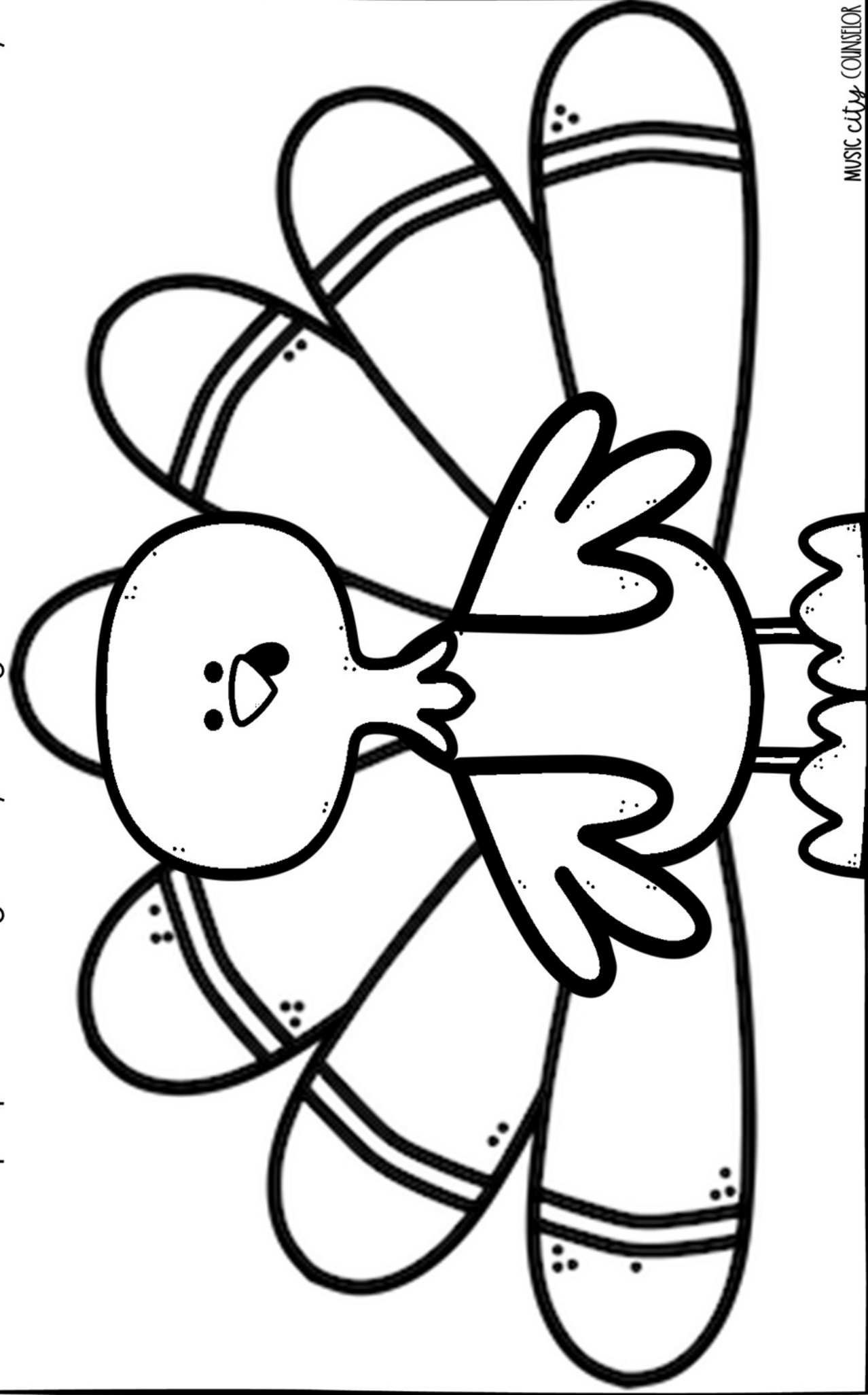


# Grateful Turkey Activity

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

# I am GRATEFUL!

Please write people and things that you are grateful for on each feather of the turkey.





# **Gobble Grams Kindness Notes**

# IT'S TIME TO MAKE GOBBLE GRAMS

to spread **THANKSGIVING** cheer! We'll show  
**GRATITUDE & KINDNESS** to our peers!

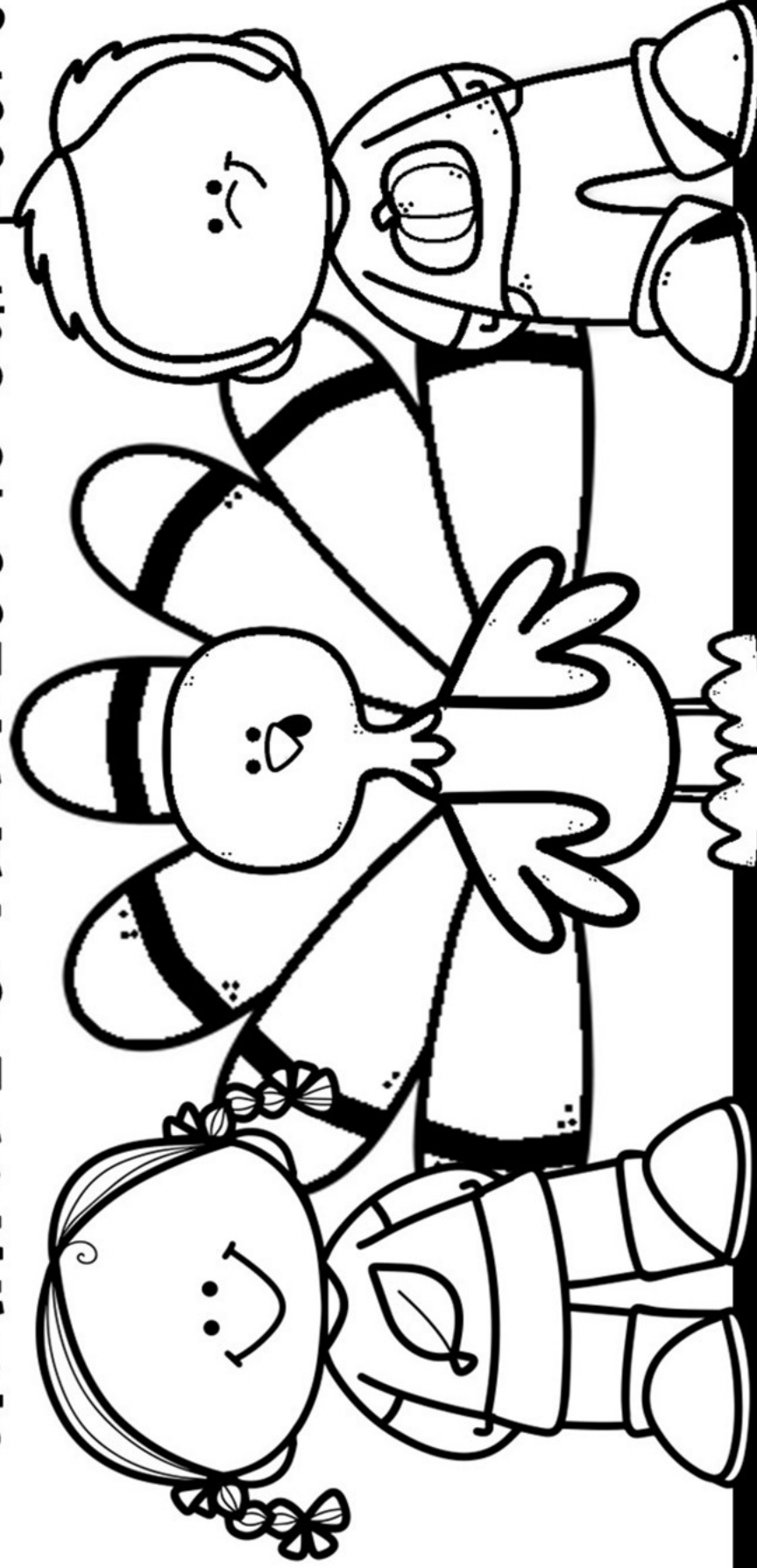


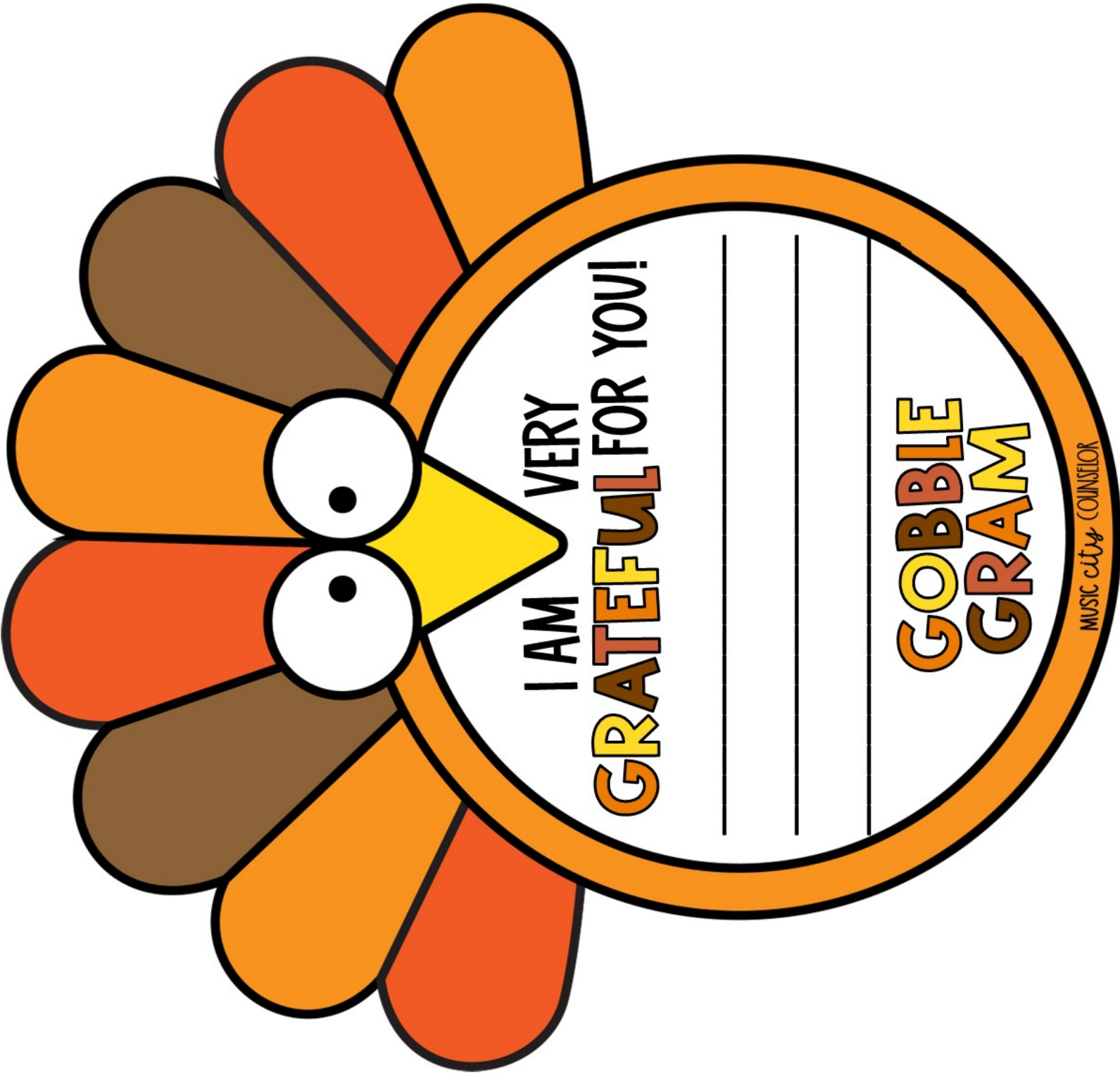


IT'S TIME TO MAKE...

# GOBBLE GRAMS

to spread **THANKSGIVING** cheer! We'll show  
**GRATITUDE & KINDNESS** to our peers!





I AM VERY  
GRATEFUL FOR YOU!

GOBBLE  
GRAM

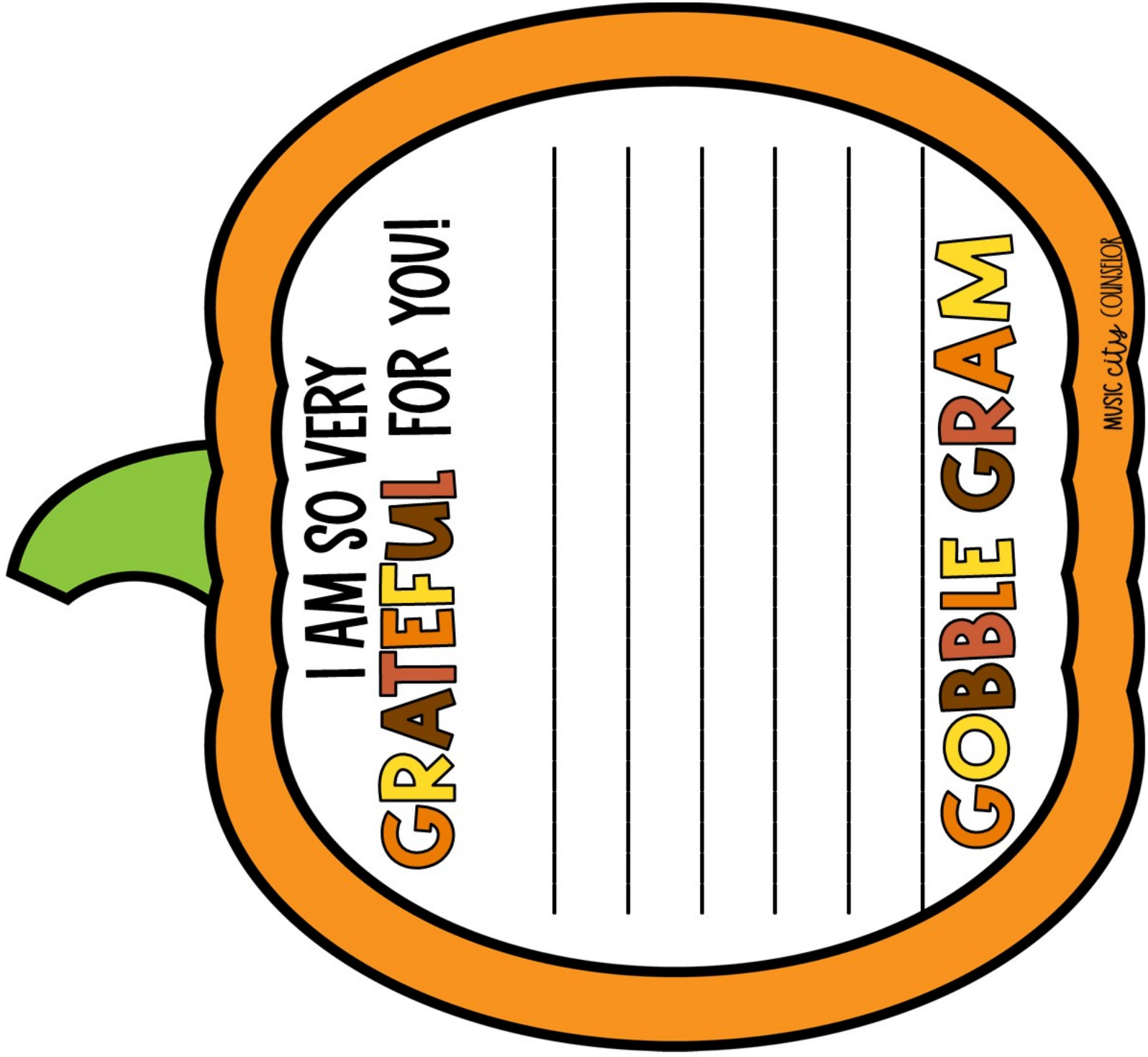
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I AM SO VERY  
**GRATEFUL** FOR YOU!

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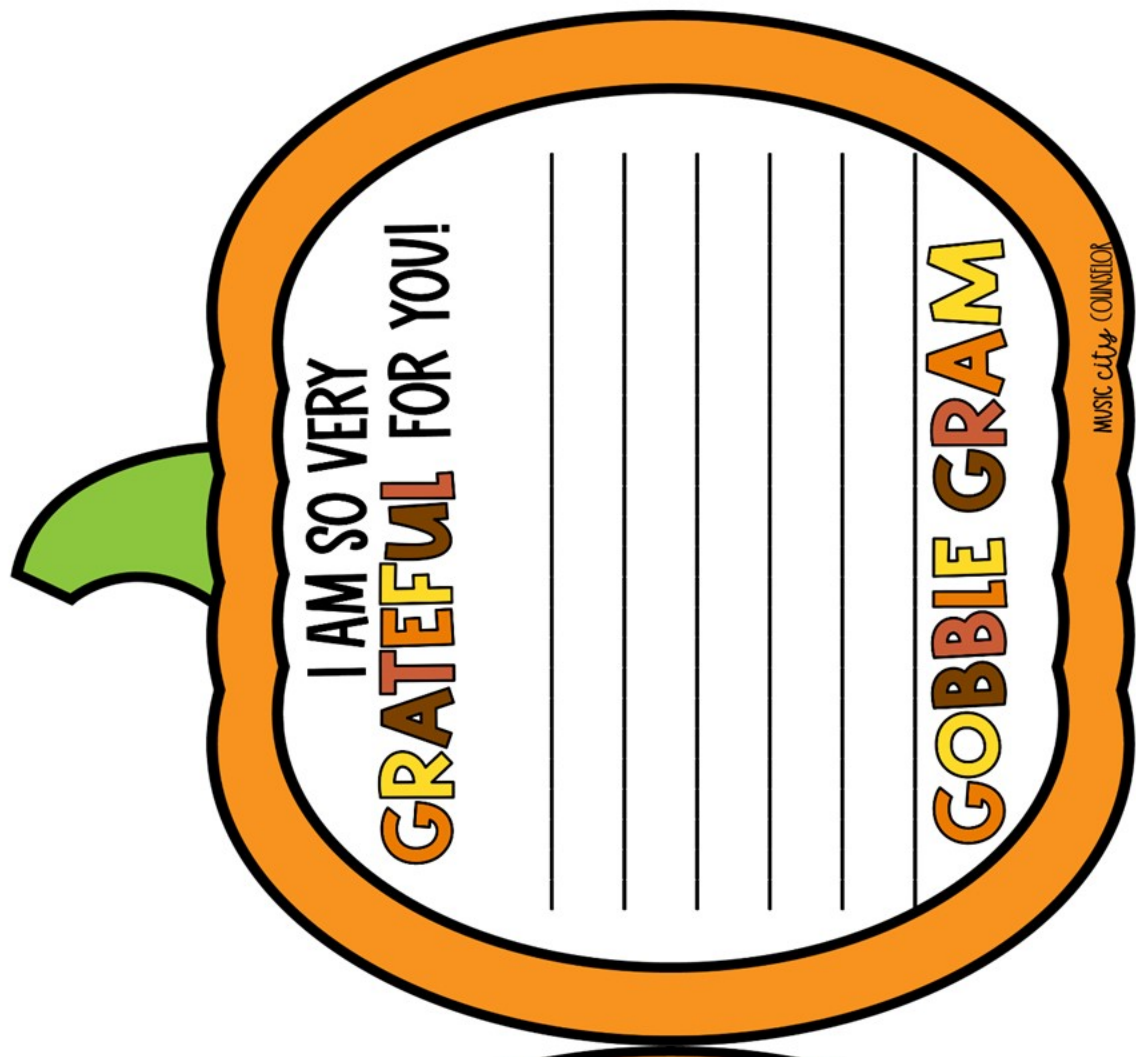
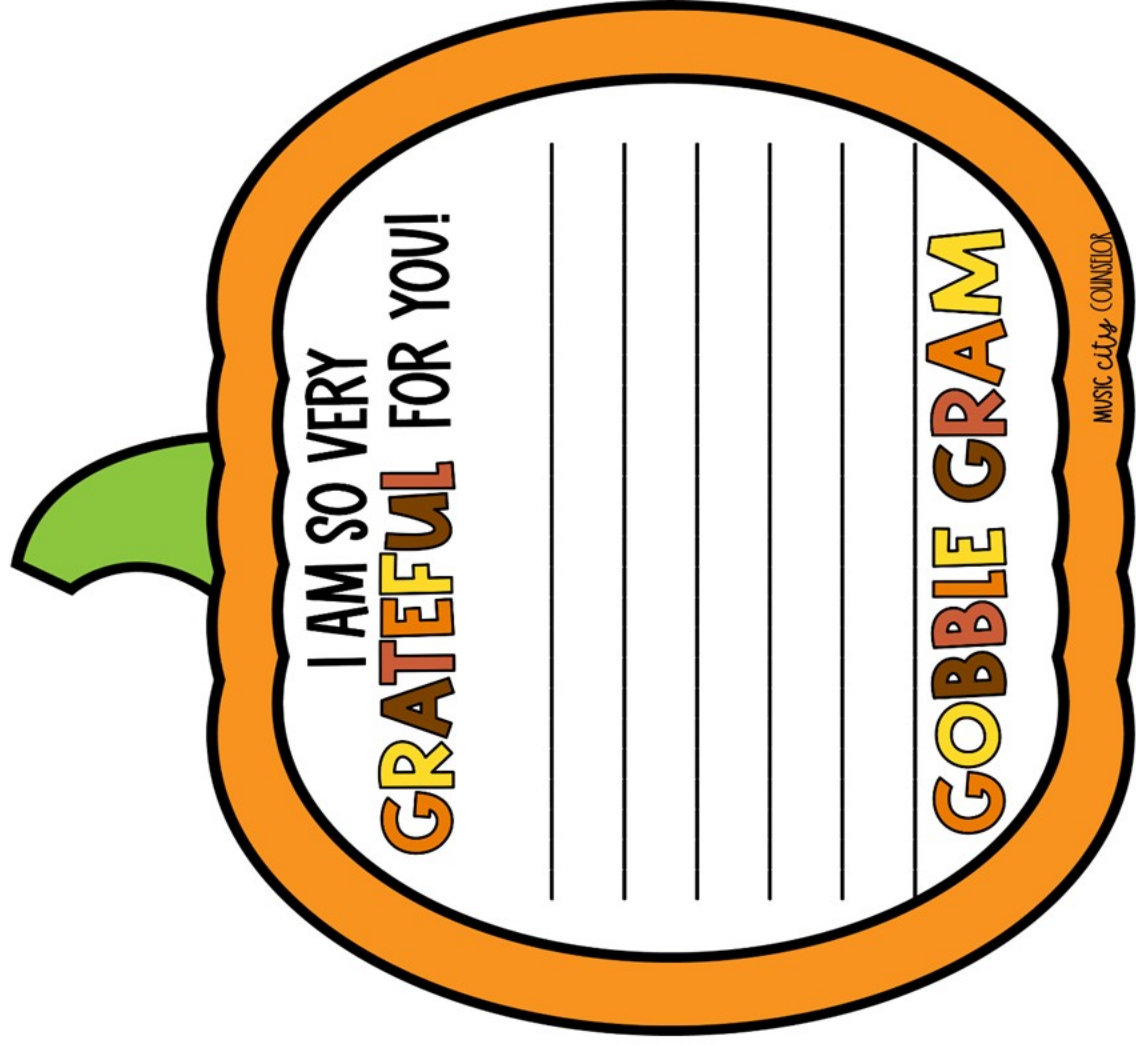
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**GOBBLE GRAM**



I AM SO VERY  
**GRATEFUL** FOR YOU!

**GOBBIE GRAM**

MUSIC CITY COUNTRY

I AM SO VERY  
**GRATEFUL** FOR YOU!

**GOBBIE GRAM**

MUSIC CITY COUNTRY

I AM SO VERY  
**GRATEFUL** FOR YOU!

**GOBBIE GRAM**

MUSIC CITY COUNTRY



**GOBBLE  
GRAM**

**I AM SO VERY GRATEFUL FOR YOU!**

**GOBBLE  
GRAM**

I AM SO VERY **GRATEFUL** FOR YOU!

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MUSIC CITY COUNTRY

**GOBBLE  
GRAM**

I AM SO VERY **GRATEFUL** FOR YOU!

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MUSIC CITY COUNTRY



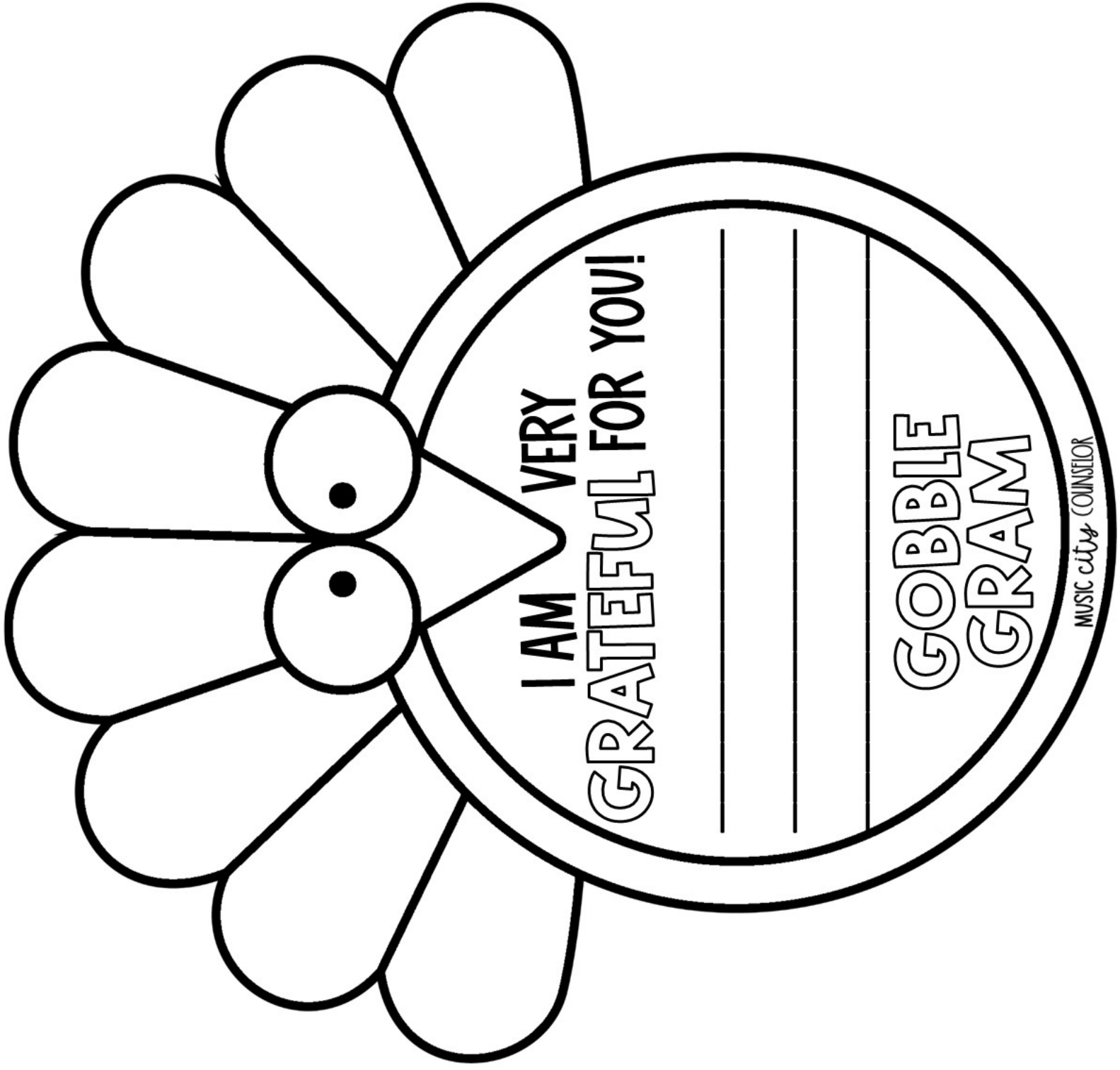






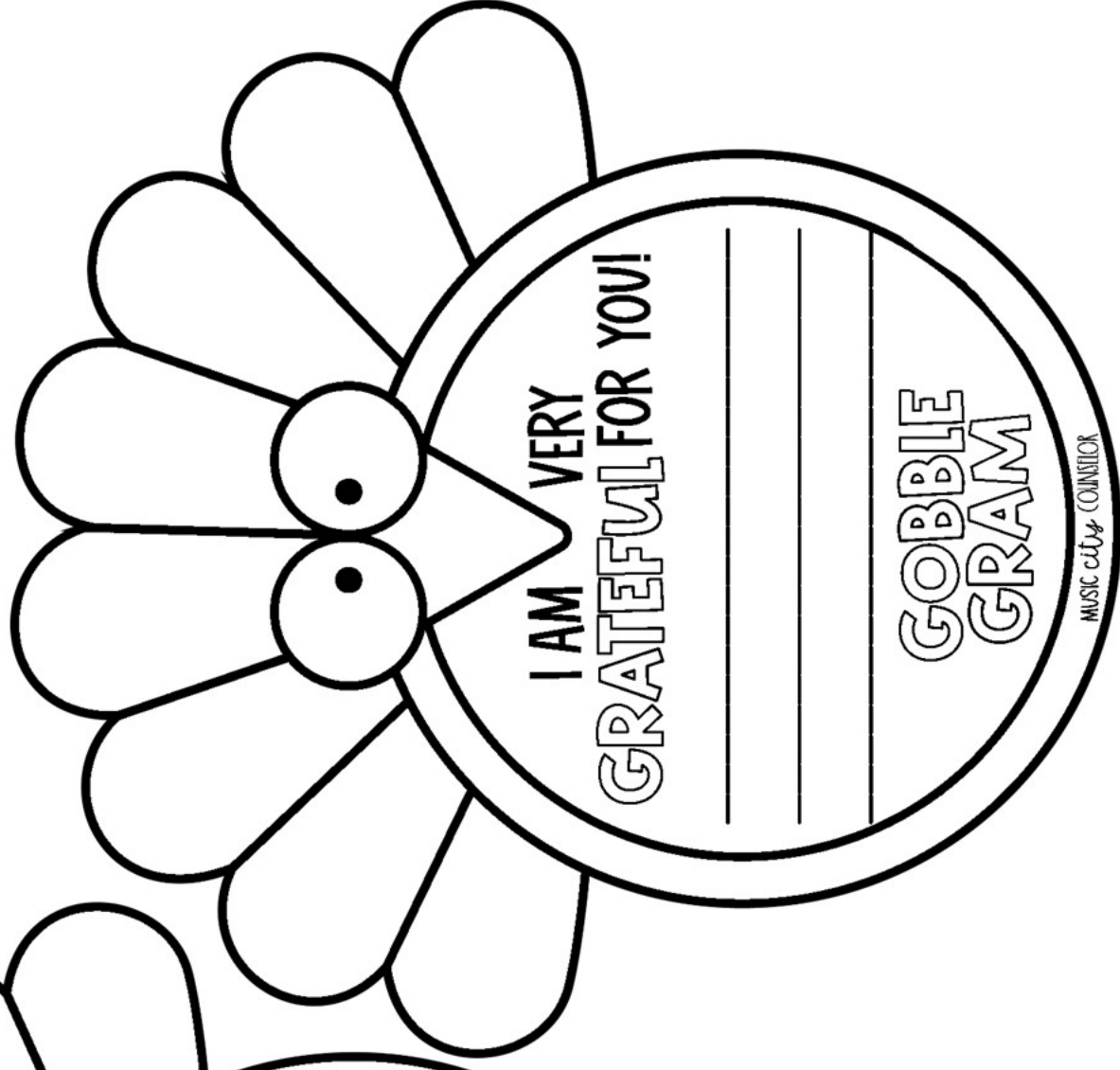
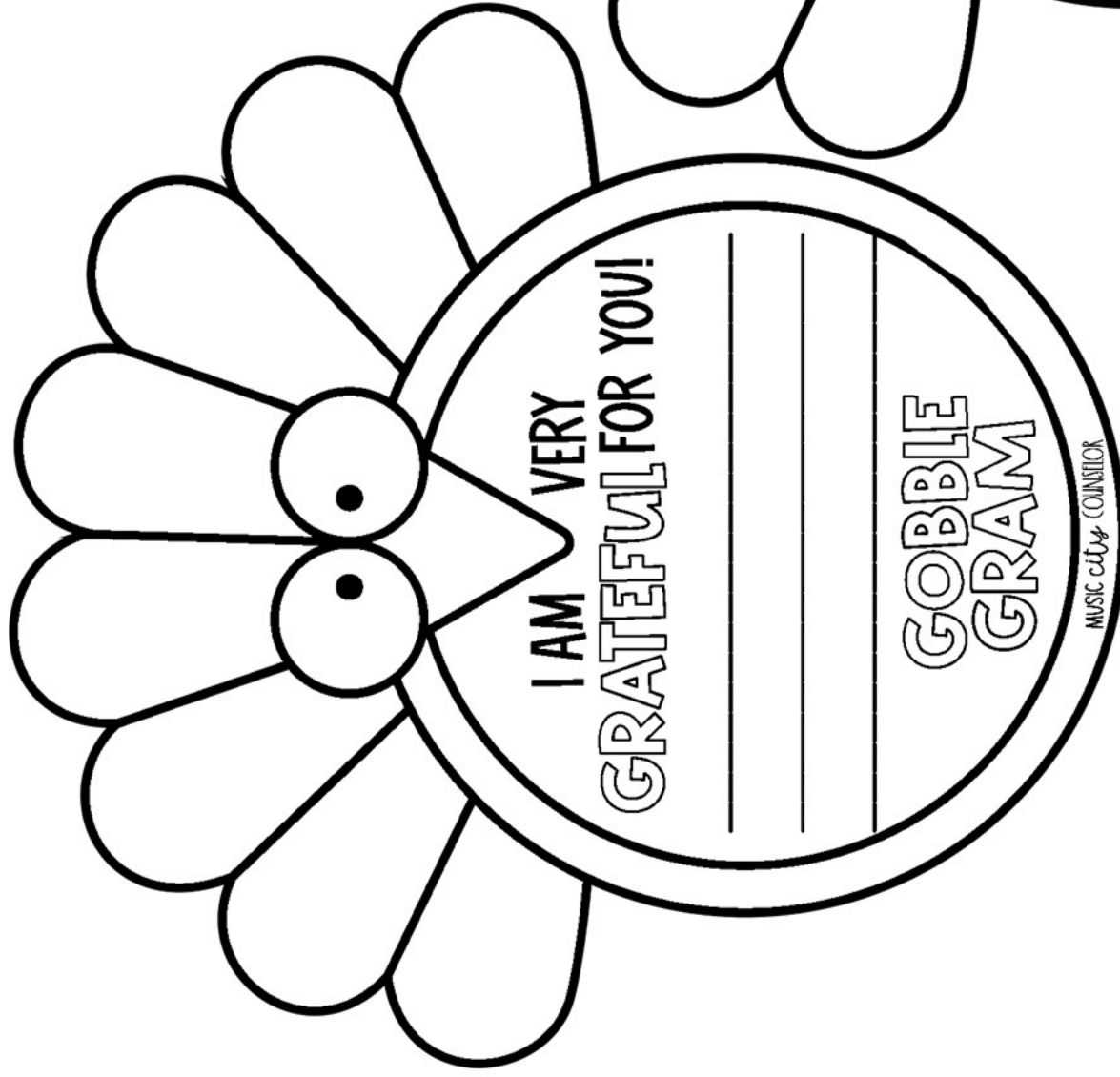


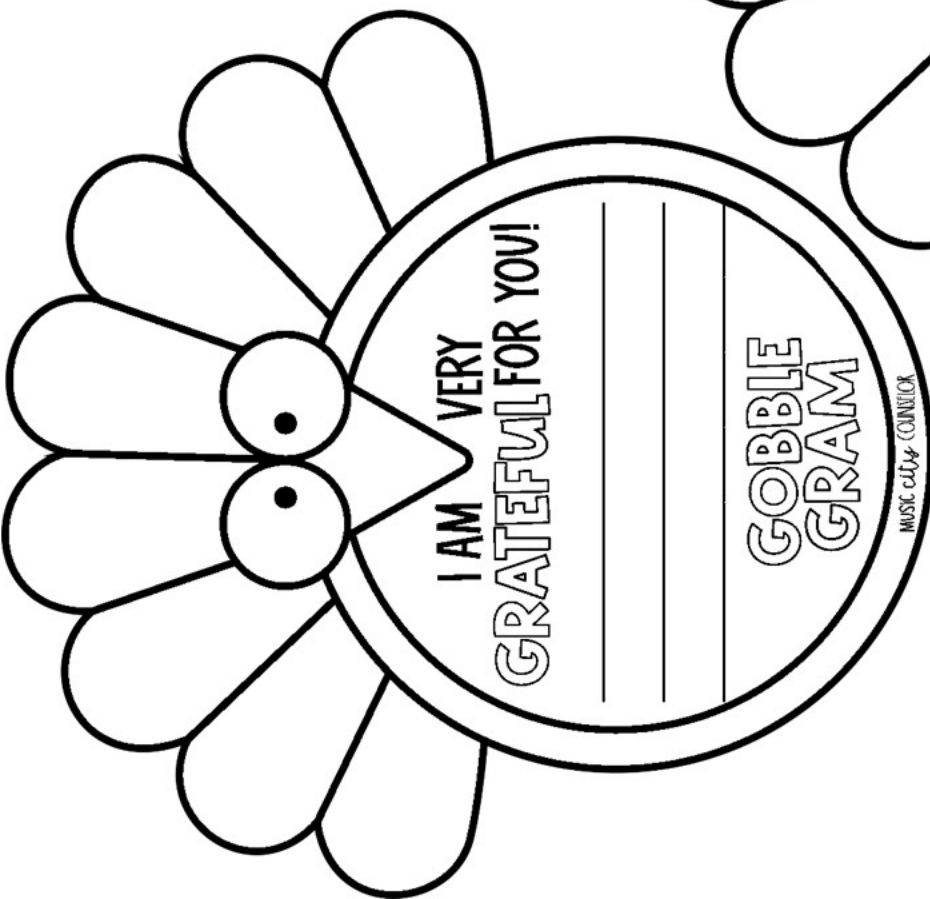
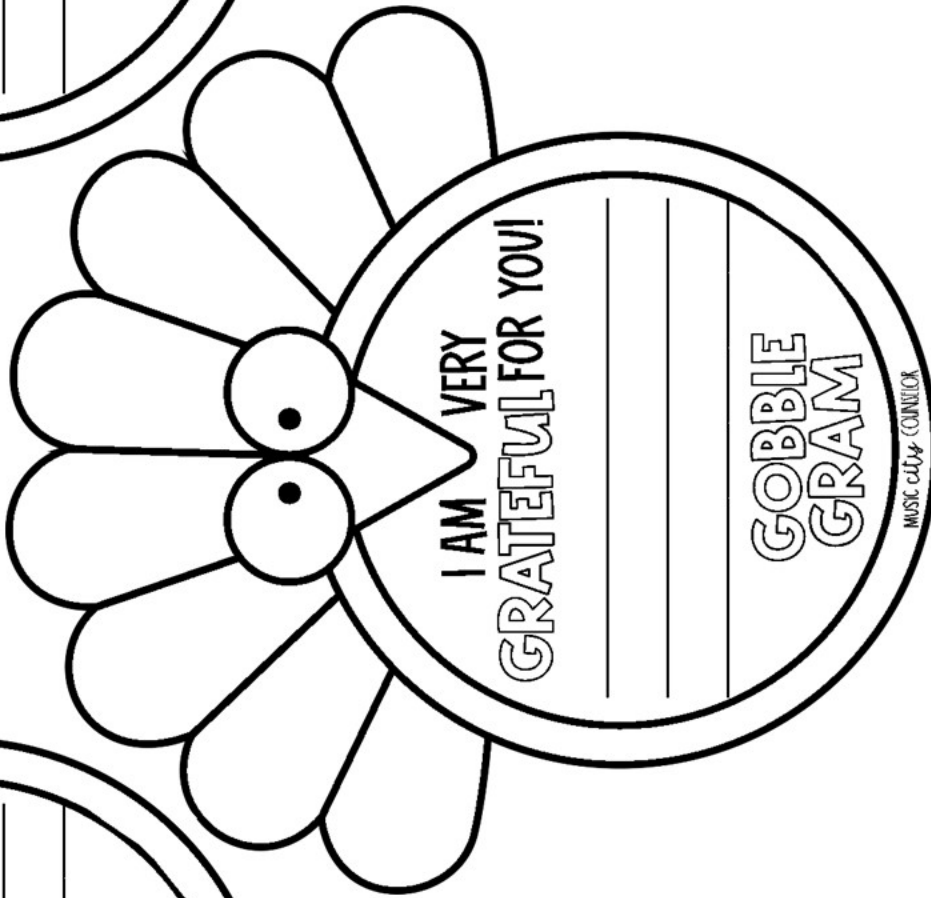
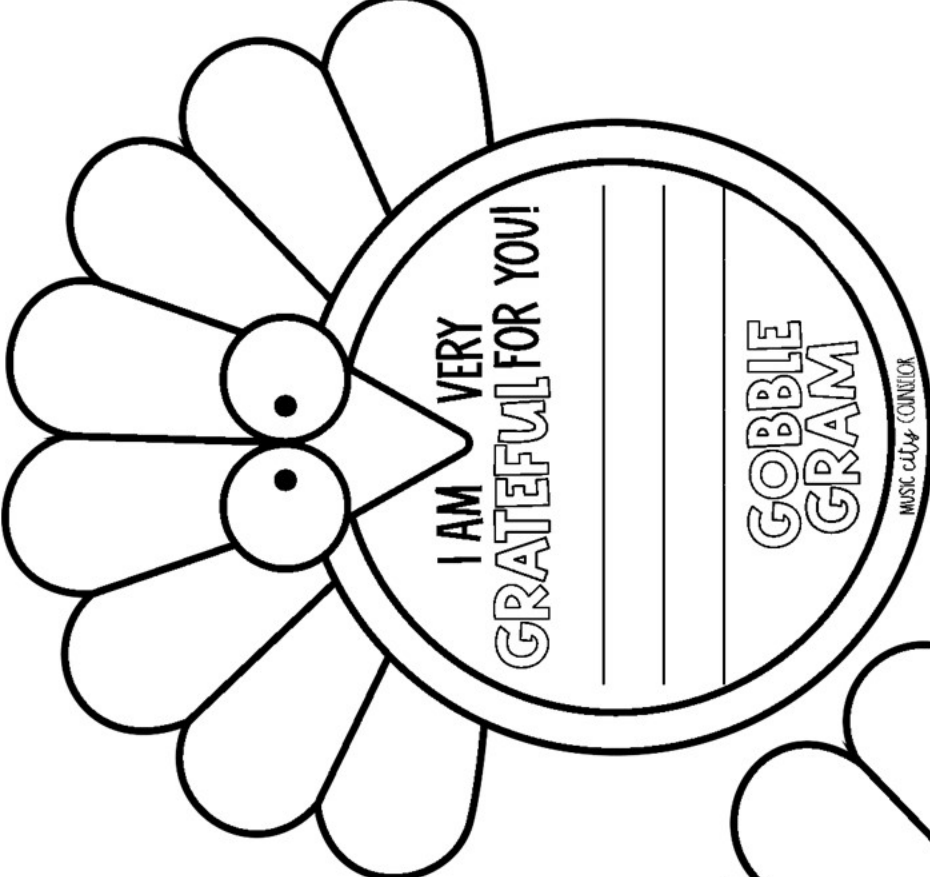




I AM VERY  
GRATEFUL FOR YOU!

GOBBLE  
GRAM









**I AM SO VERY  
GRATEFUL FOR YOU!**

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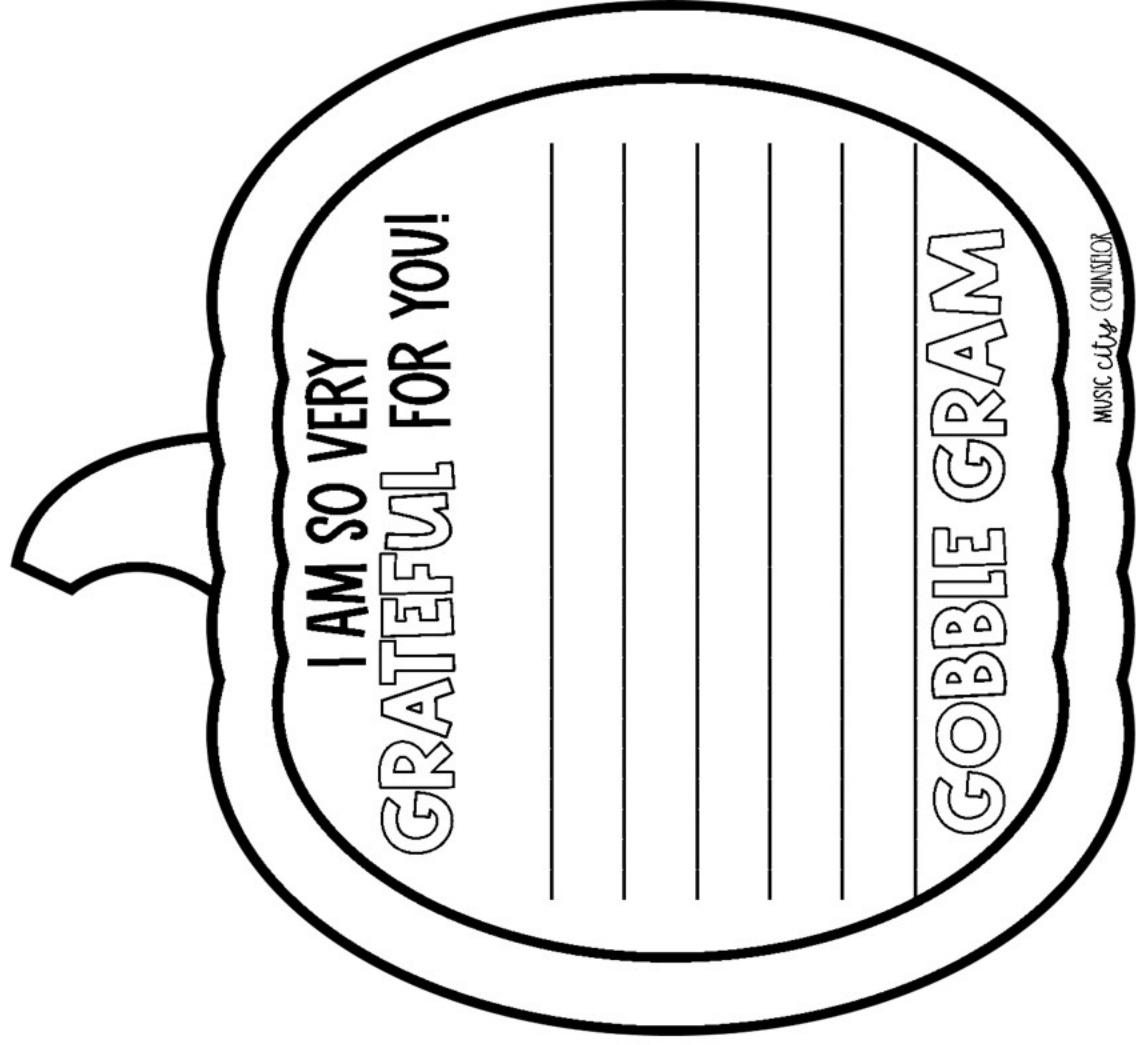
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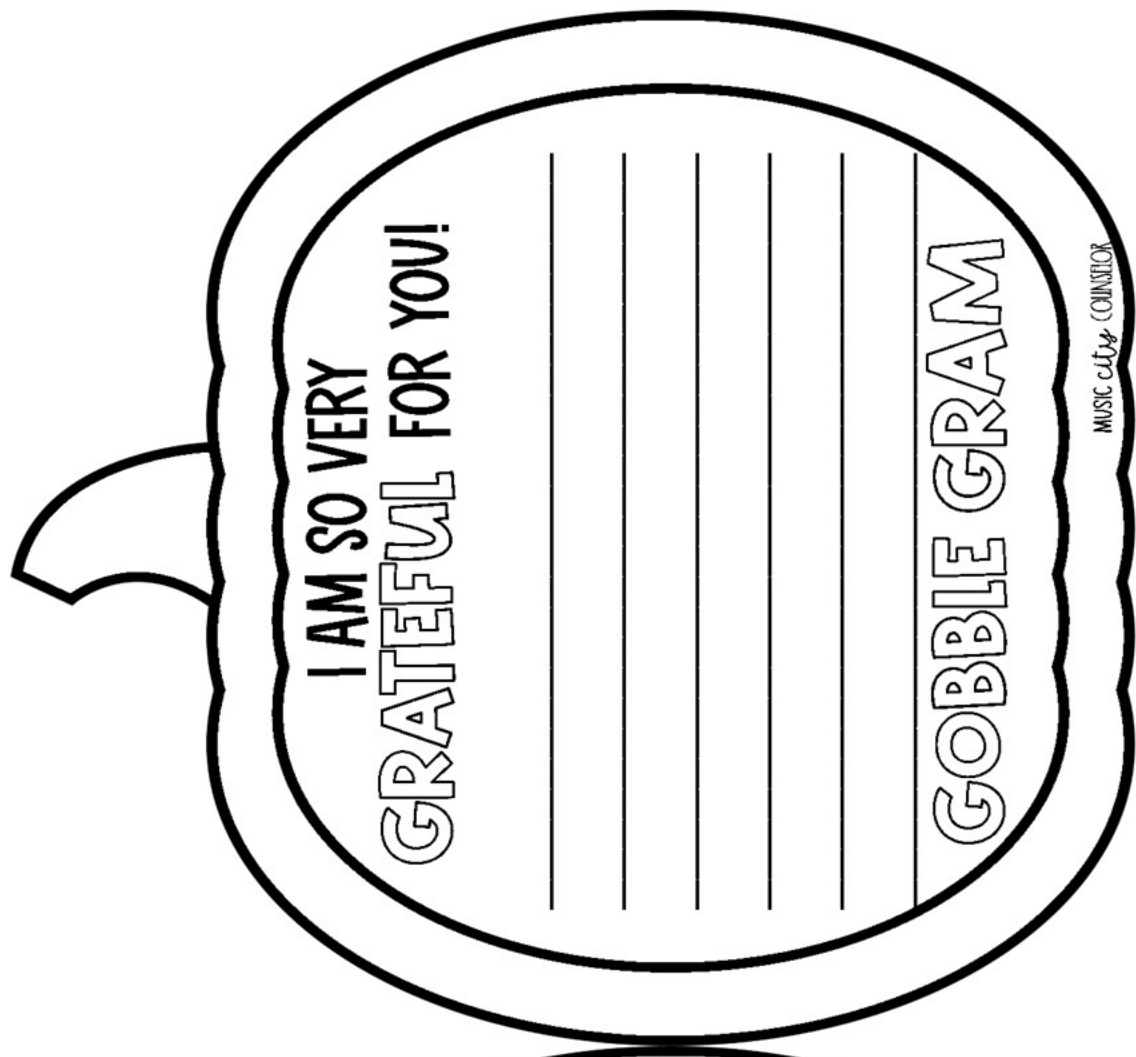
**GOBBLE GRAM**



I AM SO VERY  
GRATEFUL FOR YOU!

GOBBLE GRAM

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I AM SO VERY  
GRATEFUL FOR YOU!

GOBBLE GRAM

MUSIC CITY COUNSELOR

I AM SO VERY  
GRATEFUL FOR YOU!

GOBBIE GRAM

MUSIC CITY COUNTESS

I AM SO VERY  
GRATEFUL FOR YOU!

GOBBIE GRAM

MUSIC CITY COUNTESS

I AM SO VERY  
GRATEFUL FOR YOU!

GOBBIE GRAM

MUSIC CITY COUNTESS



**GOBBLE  
GRAM**

**I AM SO VERY GRATEFUL FOR YOU!**

GOBBLE  
GRAM

I AM SO VERY GRATEFUL FOR YOU!

MUSIC CITY COUNTRY

GOBBLE  
GRAM

I AM SO VERY GRATEFUL FOR YOU!

MUSIC CITY COUNTRY

GOBBLE  
GRAM

I AM SO VERY GRATEFUL FOR YOU!

MUSIC CITY CONNECTION

GOBBLE  
GRAM

I AM SO VERY GRATEFUL FOR YOU!

MUSIC CITY CONNECTION

GOBBLE  
GRAM

I AM SO VERY GRATEFUL FOR YOU!

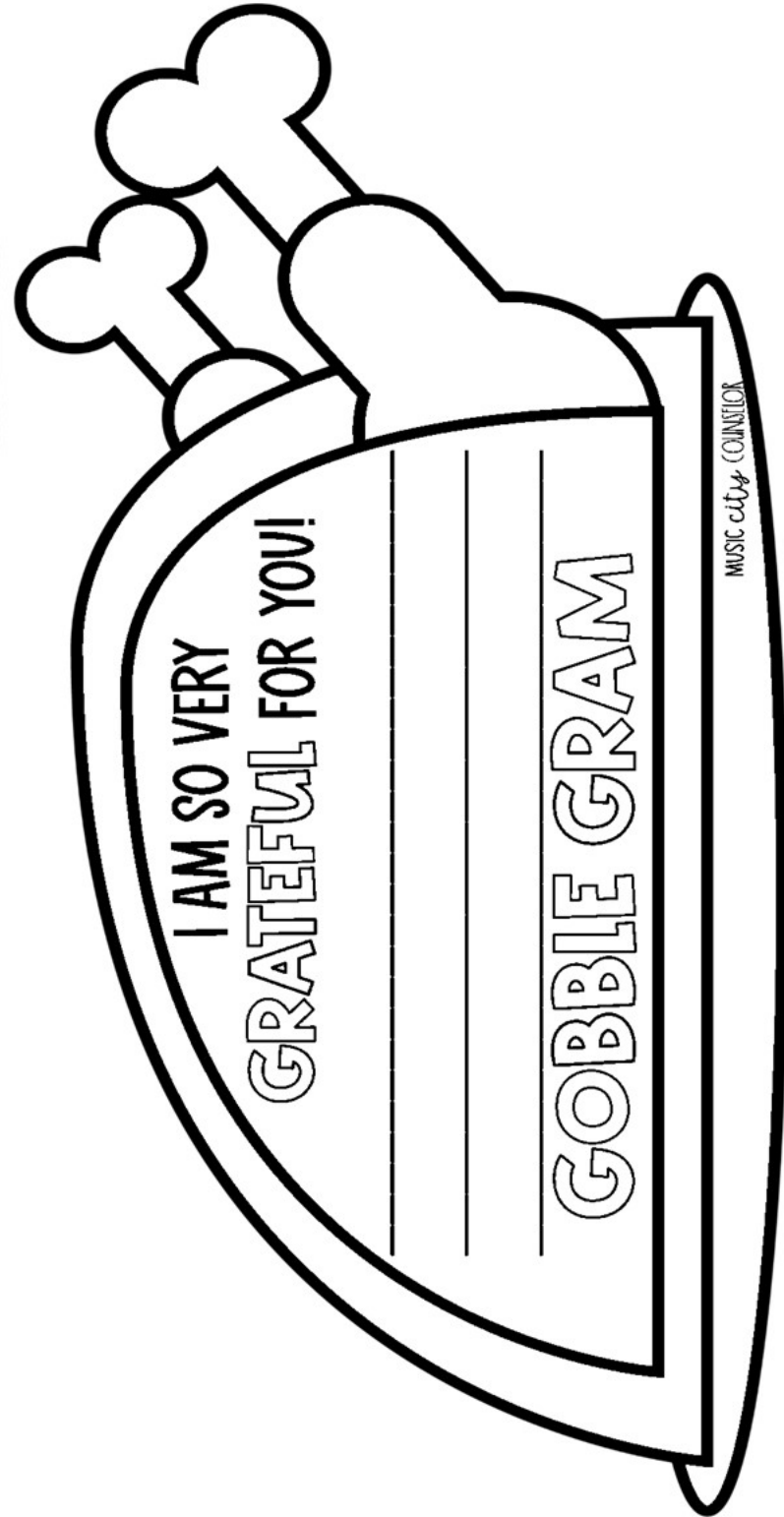
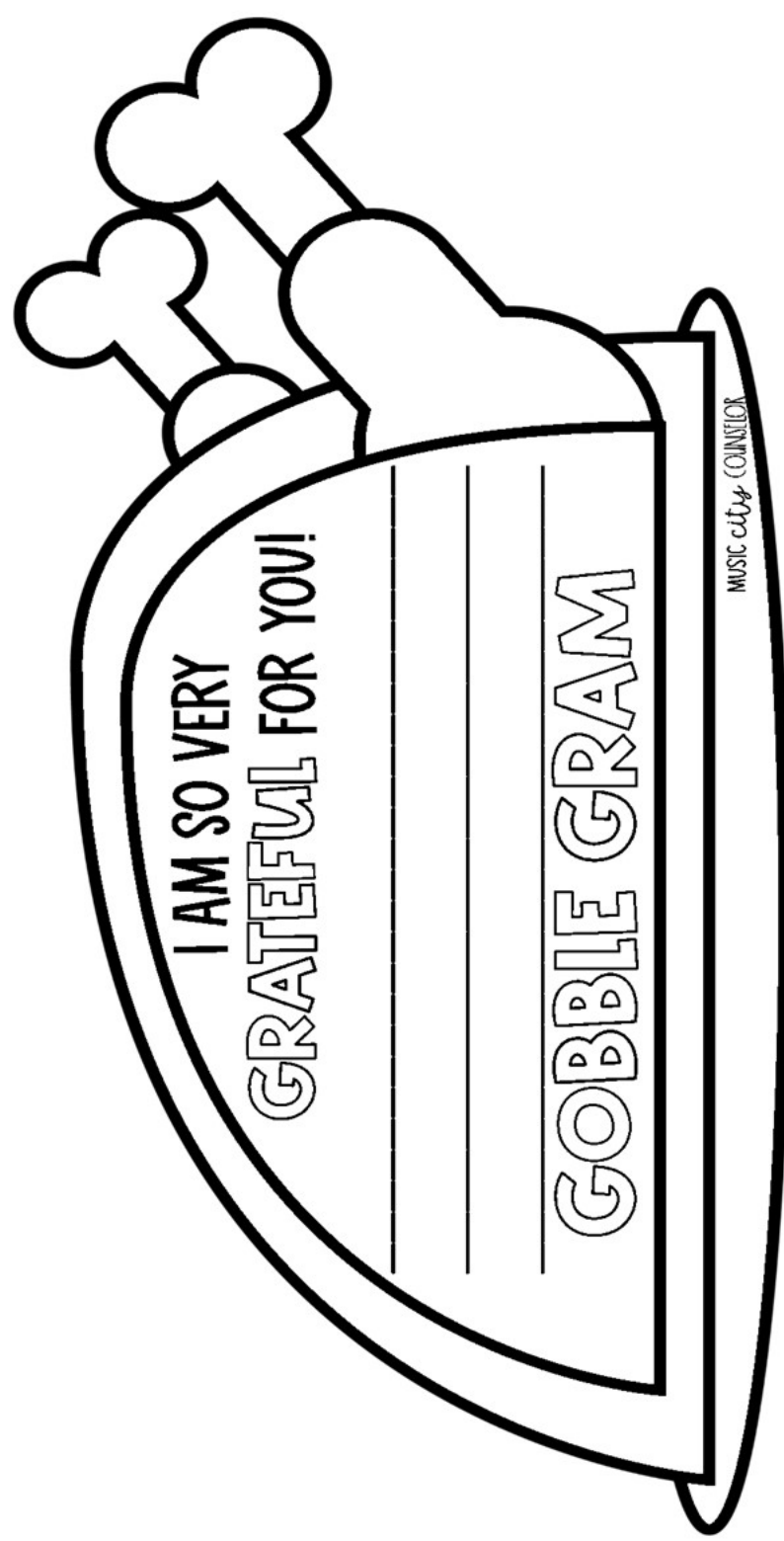
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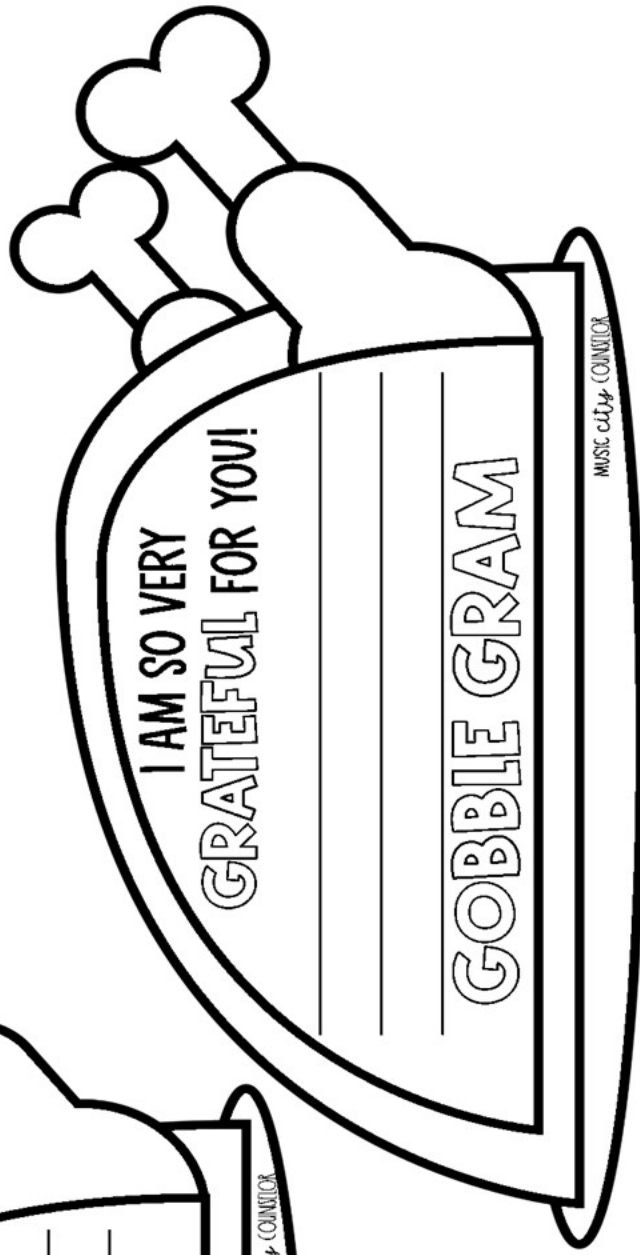


I AM SO VERY  
GRATEFUL FOR YOU!

GOBBLE GRAM







# Worksheets

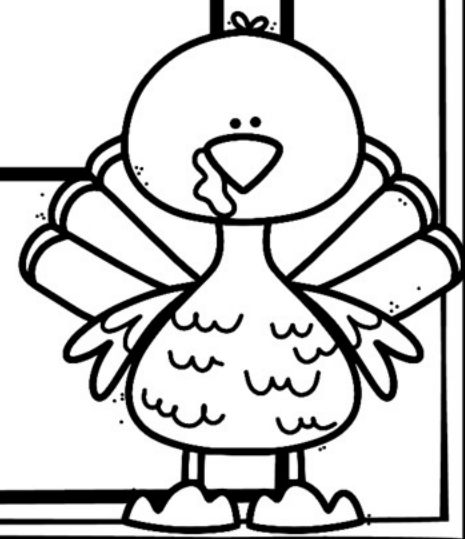
Name: \_\_\_\_\_

I show **GRATITUDE** when...

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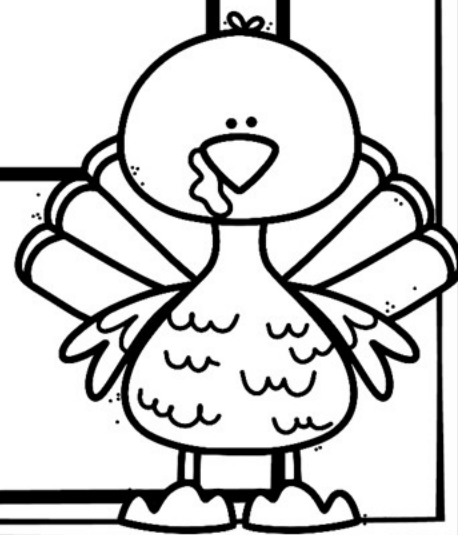
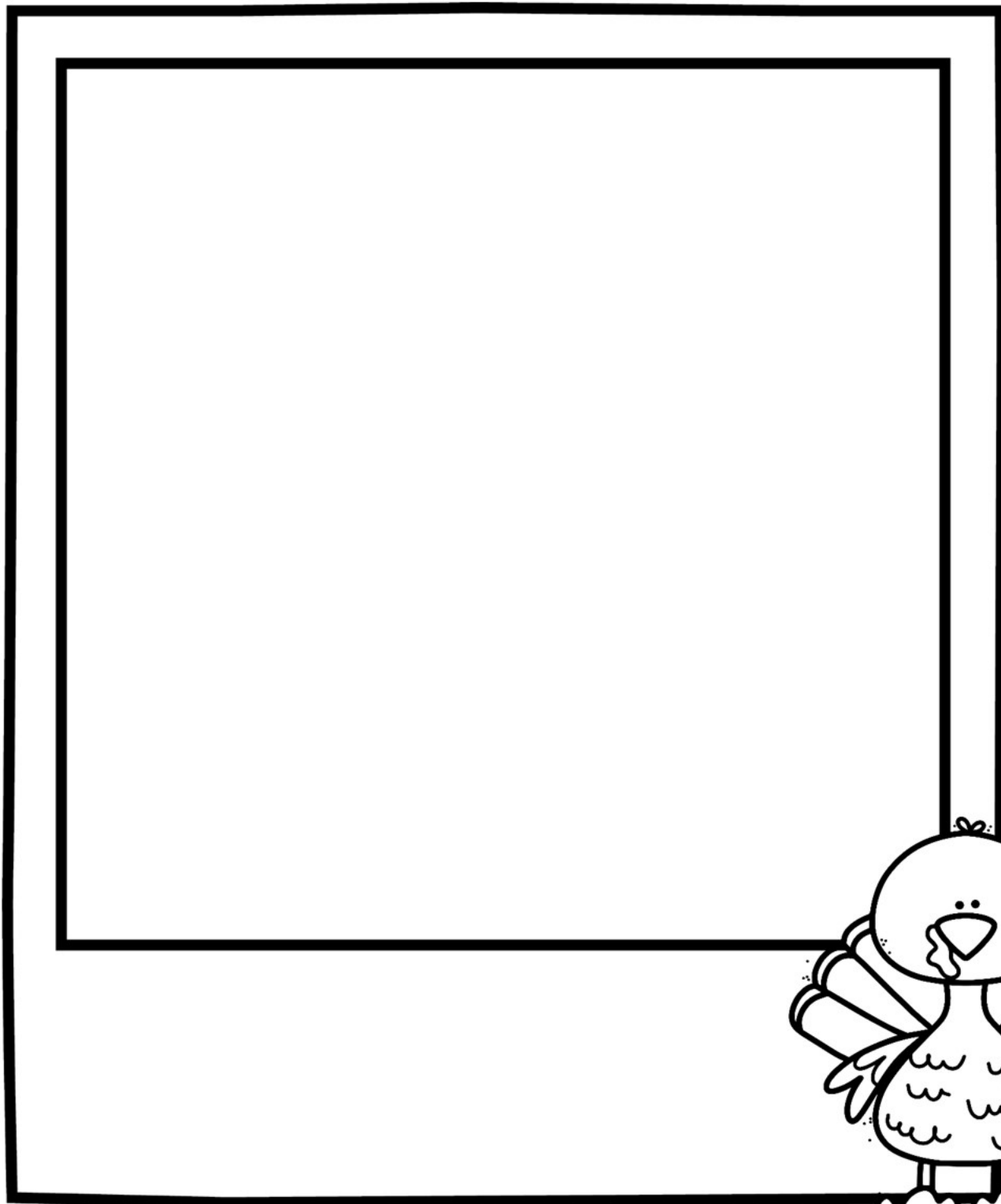
Name: \_\_\_\_\_

I am **GRATEFUL** for...

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

# How can you show GRATITUDE in each situation?

Arthur gave you flowers!



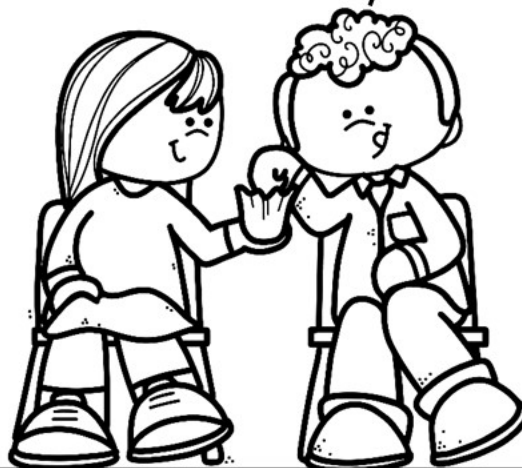
Carlos gave you a compliment.



Ray'Shaun helped you clean up.



Clara shared her snack with you.



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