

Unit Overview

Students will begin to apply the Attitude of Gratitude Mindset. Students will learn to recognize their own wonderful impact on the world. Students will be challenged to practice being grateful for the little things in life and will learn to show gratitude by thanking the people who influence them. They will also learn to find positives in negative circumstances and to be thankful for those circumstances.

Attitude of Gratitude Overview

4 Learning Objectives

- Treasure Yourself
- Be More Grateful
- Thank it Forward
- Elevate Your Perspective

Lesson 5.1 – Attitude of Gratitude: Treasure Yourself

At this age, students have a hard time controlling their emotions and often cry when they are embarrassed or upset. The Mindset Attitude of Gratitude teaches us that to be successful and happy in life, we must treasure who we are.

Objectives

- Understand the meaning of the word “gratitude” and what it means to be grateful
- Define what treasuring yourself means within the Attitude of Gratitude Mindset
- Recognize the treasures we have to share with others

Lesson 5.2 – Attitude of Gratitude: Be More Grateful

Most students at this age are enthusiastic, energetic, and exhibit a love for life. The Attitude of Gratitude Mindset is about learning to seek the positives in life and focusing on what makes you happy. This lesson will teach us to be grateful for the world, ourselves, and others. Focusing on gratitude each day can bring us joy and happiness.

Objectives

- Understand that being thankful is having an attitude of gratitude
- Identify something to be grateful for about ourselves, others, and the world

Lesson 5.3 – Attitude of Gratitude: Thank it Forward

At this age, students thrive on encouragement. They may be so busy playing or exploring the world around them that stopping to show gratitude might not come naturally. The Attitude of Gratitude Mindset teaches us to “thank it forward” and say “Thank you” more often to the people who encourage us. Pausing to show thanks through words and actions can become a life-long habit, and it is one way to instill happiness.

Objectives

- Identify people in our lives whom we should thank more often
- Begin to understand how expressing gratitude makes the giver and receiver feel good

Lesson 5.4 – Attitude of Gratitude: Elevate Your Perspective

Throughout the Attitude of Gratitude Mindset, we have learned we can be positive or negative, it is a choice. Choose to see what there is to be grateful for in ourselves, others, and the world will help us to live happier lives.

In this lesson, we will learn to turn problems or negative situations around into more positive situations. We will also be participating in a gratitude surprise! We will be surprising those in community with thank-you notes. While the focus is Attitude of Gratitude, the We Are Connected Mindset would be an excellent tie-in to this activity to foster a positive and caring atmosphere .

Objectives

- Understand that when we elevate our perspectives, we change a negative to a positive
- Identify one person or other people in family or community whom we should thank
- Discuss the essential elements learned throughout the Attitude of Gratitude Mindset
- Continue to apply the Attitude of Gratitude Mindset in their lives