

Gratitude

The characters learn to recognise things they are grateful for, and to express their gratitude to foster connection and trust.



Feeling Grateful

Step 1: Watch Smiling Mind Creek Episode - Gratitude

Watching this episode helps us appreciate all the things we are grateful for!

Step 2: Run class activity

Ask:

- Has anyone heard the word gratitude before?
- What were our Smiling Mind Creek friends grateful for?
- What is something you are grateful for today?

Explain:

- Gratitude is when you are thankful for something.
- You can be grateful for something that has happened, something you enjoy, someone you appreciate in your life, or anything that makes you thankful.
- Feeling grateful helps us to remember the good things in life.
- Showing gratitude to others makes them feel appreciated and builds positive relationships.

Do:

- Read out the instruction at the top of the activity screen.
- A student or educator selects a card to reveal.
- Click the selected card.
- Follow the instructions on the card to complete the activity.
- Reveal as many activity cards as you have time to complete as a class.

Step 3: Discussion prompts

- How did practising gratitude feel?
- How can you bring gratitude into your day?
- How do you know when someone is being grateful?

Feeling Grateful

Pick a card. Read the instructions and practise the skill! Let’s find out how many things we can be grateful for!

