

Gratitude		
Positive Psychology Based Strengths Lesson		
Materials	Handouts, Cards and art materials for letters	
Essential Question	What is Gratitude and how can I increase my use of this strength?	
Objectives	Students will learn and practice ways to increase their strength of gratitude.	
ASCA National Standards	<p>A:B1.2 Learn and apply critical-thinking skills</p> <p>PS:A1.1 Develop positive attitudes toward self as a unique and worthy person</p> <p>PS:A1.2 Identify values, attitudes and beliefs</p> <p>PS:A1.5 Identify and express feelings</p> <p>PS:A1.10 Identify personal strengths and assets</p> <p>PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior</p> <p>PS:A2.8 Learn how to make and keep friends</p> <p>PS:A2.6 Use effective communications skills</p>	
	Overview	Notes / Process
Opening <i>AWARE</i> (5 mins)	What is Gratitude?	<ul style="list-style-type: none"> • <i>Today we are going to focus on three strengths that will help you succeed in high school. Gratitude</i> • <i>Who can give me a definition of Gratitude? How will this strength help you in high school? (Write student answers on the board)</i> • <i>How can we flex this strength?</i>
Activity 1 <i>EXPLORE</i> (20 mins)	How do others express gratitude?	<ul style="list-style-type: none"> • <i>In pairs use the internet to search for songs, movies or fine art that express gratitude. What is the feeling you get from these works of art? Do you want to see/hear more from the artist? Share with the group your findings. (If computers are not available print out pictures of art, summaries of movies and lyrics to songs about gratitude and allow students to choose which ones to explore)</i>
Activity 2 <i>APPLY</i> (20 mins)	Express gratitude in your own life.	<ul style="list-style-type: none"> • Gratitude letter • Optional group share
Close (5 mins)	Exit Ticket	<ul style="list-style-type: none"> • What is gratitude and how can I increase my use of this strength? (Give example activities)

Gratitude

“Gratitude is an emotion expressing appreciation for what one has—as opposed to, say, a consumer-oriented emphasis on what one wants or needs—and is currently receiving a great deal of attention as a facet of positive psychology. Gratitude is what gets poured into the glass to make it half full.” -Psychologytoday.com

Question: Why are we doing this? What does this have to do with my life?

- “Studies show that gratitude not only can be deliberately cultivated but can increase levels of well-being and happiness among those who do cultivate it. In addition, grateful thinking—and especially expression of it to others—is associated with increased levels of energy, optimism, and empathy” –psychologytoday.com
- Scientists found that this activity alone was actually one of the strongest ways to increase gratitude (Seligman et al., 2005).
- Enough about the science! How do you feel when someone takes the time to really thank you for doing something nice? Remember how good it felt to hear about your strengths? Think about how you can bring that happiness to the people who help you in your life.

Quote: “Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.”

— Marcel Proust

Directions: In this exercise you will write a letter to someone important in your life (teacher, sibling, guardian). In order for this to increase your gratitude strength you must really be thoughtful (don’t just say “thanks for all you do” or “thanks for being there”). Once you have finished the letter, deliver it!

Include in the letter:

1. Two strengths you see in this person.
2. For each strength give a specific example of how that person uses their strength.
3. At *least* one specific example of why you are grateful to that person. Example “Thank you for always making sure I have snacks at lunch” or “Thank you for taking extra time to help me on my high school application” or “Thank you for listening to me talk about...”