



THANKFULNESS LESSON PLAN

lesson 2 - Creating thankfulness glasses

Lesson outline - How to develop a Thankfulness habit. Introduction video and creating a Thankfulness reminder poster.

LESSON TIME 10 - 20 MINS

LESSON OUTLINE

Lesson Starter

1. question: *What are you thankful for today?*
(to see progress over the week)

2. watch session 2 intro video -

[CLICK HERE TO OPEN](#)

Secondary Age

[CLICK HERE TO OPEN](#)

Primary age

two videos in one

Activities

3. Questions- below

4. practical - below

Wrap-up:

5. Challenge - Hang created poster up at home. Start tomorrow morning putting your thankfulness glasses on by thinking of 3 or more things to be thankful for.

OBJECTIVES

To inform about the power of a daily Thankfulness habit

2. to create a Thankfulness Reminder Poster

QUESTIONS

Question: *What is the difference between the two pairs of glasses that Ferg was wearing?*

Question: *What are some things that you could be thankful for when you wake up?*

Question: *What are 1-2 things to be thankful for at breakfast and with your family? - NB: Saying thanks to your parents is an incredible thing to do for them.*

Question: *What can you think of to be Thankful for when you are at School?*

KEY THOUGHTS

This is how you create your own pair of Thankfulness glasses: When you think of all of the things that you have to be thankful for, it is like putting on a bright pair of glasses that helps you see the best around you. The secret though, is that your glasses are invisible!

Here is what you do: When you wake up every morning, think of three or more things that you are thankful for. This is like putting your thankfulness glasses on for the day.

PRACTICAL - click here to download [template 1](#) and [template 2](#)

Age 6 - 8: - Write and draw on the blank poster or download to a google slide/ pic collage: 1 - 5 things that you are thankful for. It is good to be verbally suggesting things to be thankful for when they are doing this.

Age 9+: This can be in two parts: 1. You can use the blank sheet to draw something(s) that they are thankful for (or make these images available to use on a device program) and put up around the class. and/ or 2: fill out the 25 things to be thankful for exercise sheet. Give 1-2 minutes for each section, offering suggestions as needed as the children are filling out. this can be hung up at home.



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ALTERNATIVE LONG-FORM LESSON NOTES

Recap: Being Thankful is a great superpower

Pre-question: What are you thankful for today?

video (link) <https://youtu.be/ulE0EUGLGM->

Primary age video:

<https://youtu.be/sEicWc-tDgo>

Question: *What is the difference between the two pairs of glasses that Ferg was wearing?*

Question: *Who wishes that they could wear glasses like these if it could help you to see the good things in and around them? Great! (If people put up their hands, if not, the following will also help), lets put them on - motion putting on invisible glasses.*

This is how you create your own pair of Thankfulness glasses: When you think of all of the things that you have to be thankful for, it is like putting on a bright pair of glasses that helps you see the best around you. The secret is though, that your glasses are invisible! Here is what you do: When you wake up every morning, think of three or more things that you are thankful for. This is like putting your thankfulness glasses on for the day.

Question: *What are some things that you could be thankful for when you wake up?*

Question: *What are 1-2 things to be thankful for at breakfast and with your family? -*

Question: *What can you think of to be Thankful for when you are at School?*

Who thinks it would be helpful to have a poster to hang up at home or school which would help remind you what you have to be thankful for? It could have lots of great ideas and help you to put on your Thankfulness Super power glasses.

Ok, so what we are going to do today is create a Thankfulness poster to help you every morning think of 3 or more things to be thankful for.

Practical: Create a thankfulness poster - click here for [template 1](#) and [template 2](#)

Age 6 - 8: - Write and draw on the blank poster or a google slide/ pic collage: 1 - 5 things that you are thankful for. It is good to be giving examples when they are doing this.

Age 9+: This can be in two parts: 1. You can use the blank sheet to draw something(s) that they are thankful for (or make these images available to use on a device program) and put up around the class. and/ or 2: fill out the 25 things to be thankful for exercise sheet. Give 1-2 minutes for each section, offering suggestions as needed as the children are filling out. this can be hung up at home.

Challenge: Hang these up at home. (These posters can be a powerful way to positively inspire other family members). And start tomorrow morning putting your thankfulness glasses on by thinking of 3 or more things to be thankful for.