



THANKFULNESS LESSON PLAN

lesson 5 - What you have learned about Thankfulness

Lesson outline - Introduction video and questions to recap what has been learnt, discussing the ripple effect of being thankful and a challenge

LESSON TIME 10 - 15 MINS

LESSON OUTLINE

Lesson Starter

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

RECAP: *Did anyone have a tough situation where you tried being thankful to change your thought pathways?*

2. watch session 5 intro video [CLICK TO WATCH](#)

Activities

3. Questions- below

4. Practical - below

Wrap-up

5. Optional Challenge - Think every morning at the start of the school day of three things to be thankful for to increase positivity

OBJECTIVES

1. To reflect on the lessons learnt over these sessions learning about Thankfulness

2. Dependant on you (the teacher): Set a challenge of being thankful in class for the rest of the term.

QUESTIONS

Question: *How do we create our own pair of Thankfulness Glasses?*

Question: *Why is it important to think of what you do have to be thankful for instead of what you don't have and what is going wrong?*

Question: *What are some ways that we can express thankfulness to others?*

Question: *How can we use thankfulness to help us when we are feeling discouraged? (And re-direct negative thought pathways)*

KEY THOUGHTS

Did you know that you living a thankful life, inspires others? - This is called the 'ripple effect' You can help others create their pair of Thankfulness glasses.

Its up to you to create a Thankfulness habit to contribute to your ongoing mental health

PRACTICAL - THE RIPPLE EFFECT

Watch the ripple video - [link here.](#)

The ripple effect is when you do something it can have the 'ripple effect', affecting many others. When you are living a Thankful life, thinking of the things that you are thankful for, thanking others and digging deep instead of giving up you are creating positive ripples or tiny waves. When you say 'thank you' to your teacher, parent(s) or friends, it helps them feel appreciated and contributes to them having a good day. When they are having a good day, they may say 'thank you' or say or do something kind to others and that is the ripple effect! Plus: You being thankful in tough times will encourage others to look for the best!

Question: *Has anyone noticed this ripple effect through being thankful this week?*

Optional: Lets try it now, for one minute, everyone stand up and start moving around the room, telling others what you are thankful about them or telling people what you are thankful for. Before you start think about some of these things and people that you are thankful for



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Lesson 5 - What you have learned about Thankfulness

ALTERNATIVE LONG-FORM LESSON NOTES

Pre-question: What are you thankful for today?

Recap: Has anyone had a hard situation or experienced a hard thought that they have used Thankfulness to help them out?

[Watch the Session 5 video here](#)

Today, we are going to go over what we have learned about thankfulness.

Here are some questions:

Question: How do we create our own pair of Thankfulness Glasses?

Question: Why is it important to think of what to be thankful for instead of what you don't have and is going wrong?

Question: What are some ways that we can express thankfulness to others?

Question: How can we use thankfulness to help us when we are feeling discouraged?

Did you know that you living a thankful life, inspires others? - This is called the 'ripple effect' You can help others create their pair of Thankfulness glasses. There is something called the ripple effect with

Thankfulness. A ripple effect is when you drop an object like a pebble in water. Many ripples or waves move out from the centre of where you dropped. <https://www.youtube.com/watch?v=DdSGOCCFpE>

The ripple effect is when you do something that it can affect many others. When you are living a Thankful life, thinking of the things that you are thankful for, thanking others and digging deep instead of giving up you are creating positive ripples or tiny waves.

When you say 'thank you' to your teacher, parent(s) or friends, it helps them feel appreciated and contributes to them having a good day. When they are having a good day, they may say 'thank you' or say or do something kind to others and that is the ripple effect! Plus: You being thankful in tough times will encourage others to look for the best!

Question: Has anyone noticed this ripple effect through being thankful this week?

Finally: Do you know that if you think of three things each day that you are thankful for, for more than 21 days (up to 40 to create a new habit) that being Thankful can raise your positivity and optimism for up to six months.

This is something that you can challenge the individual to at home or do as a class: A challenge to the class: Shall we for the rest of the term, think every morning at the start of the school day of three things to be thankful for to increase our positivity?