



THANKFULNESS LESSON PLAN

lesson 3 - Being Thankful to others

Lesson outline - how expressing thanks is great for others. Introduction video and practical acting exercise.

LESSON TIME 10 - 15 MINS

LESSON OUTLINE

OBJECTIVES

Lesson Starter

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

2. watch session 3 intro video

[CLICK HERE TO OPEN](#)

Activities

3. Questions- below

4. practical - below

Wrap-up:

5. Challenge -today, look for opportunities to thank others for kind things that they have done and thank them.

1.To inform about the positive benefits of expressing thanks

2. Use role-playing to practice giving thanks to others

QUESTIONS

KEY THOUGHTS

Question: *how do you like it when people say 'thank you' to you?*

Question: *How does it make you feel?*

Show of hands: *who thinks that people have a better day when someone has thanked them for doing something?*

Question: *how do your Whanau/family (parents and siblings) feel when you say 'thank you' to them?*

Question: *What are some things that you can thank your parent(s) for?*

Question: *what are some things that you can thank your teachers for?*

Did you know that expressing thanks to people around you helps them feel appreciated, confident and likely to want to help you again?

With the people in your life, there is so much we have to be thankful about them that sometimes we cannot see because we are looking at the one to two things they do that annoy us.

Who wants their Whanau/family and mum or dad to be happier? Start thanking them.

PRACTICAL

Option 1 - Ask for two volunteers to come up the front and act out a scene where someone's day is made better by a person saying 'thank you'

Option 2 - Get the kids to break into groups and have a go acting these scenarios above out.

You can set the scene i.E: the parent is busy and tired and a kid says thank you for making dinner and then how the person receiving the thanks would react. Child to Parent, Child to Friend, Child to Teacher.



Thankfulness Lesson Plan

Lesson 3 - Being Thankful to others

ALTERNATIVE LONG-FORM LESSON NOTES

Pre-question: What are you thankful for today?

Recap: how are your Thankfulness posters going at home?

Have you tried thinking of something that you are thankful for when you wake up?

What does your Whanau/family think of your thankfulness poster?

[Watch the session 3 video here](#)

Question: *Speaking of your Whanau/family, how do you like it when people say 'thank you' to you?*

Question: *How does it make you feel? Show of hands: who thinks that people have a better day when someone has thanked them for doing something?*

Question: *how do your Whanau/family (parents and siblings) feel when you say 'thank you' to them?*

You have your invisible superhero glasses that you have created by being thankful and now you can start looking at the people around you through these glasses. Did you know that expressing thanks to people around you helps them feel appreciated, confident and likely to want to help you again? With the people in your life, there is so much we have to be thankful about them that sometimes we cannot see because we are looking at the one to two things they do that annoy us. Who wants their Whanau/family and mum or dad to be happier? Start thanking them.

Question: *What are some things that you can thank your parent(s) for? Thanks for my ride to school, For making me tea, For having breakfast for us*

Question: *what are some things that you can thank your siblings for? For helping out with things. For being there to play with, to share the jobs with. That's great, you will have brothers and sisters who are much nicer to live with! Who wants to help their teacher enjoy their job?*

Question: *what are some things that you can thank your teachers for? For teaching For being someone to talk to For creating lessons everyday Great ideas! Your teachers will look forward to coming to school if they have a happy classroom.*

Question: *what are things that you can thank your friends for? Being kind Sharing Letting me in the line first Helping me Smiling at me*

Question: *who are other people in your community that you can express thanks to?*

Practical: Option 1 - Ask for two volunteers to come up the front and act out a scene where someone's day is made better by a person saying 'thank you'

Option 2 - Get the kids to break into groups and have a go acting these out. You can set the scene - the parent is busy and tired and a kid says thank you for making dinner. Child to Parent, Child to Friend, Child to Teacher.

Challenge: today and tomorrow, look for opportunities to thank others for kind things that they have done and thank them.