

# Alphabet gratitude - Gratitude

## EXPLANATION:

Exploring an attitude of gratitude requires students to look at their situations from a point of appreciation. Engaging in a class activity of *ABC Gratitude* helps students to identify people, events and surrounds that they are thankful for and reflect on the positives in their lives!

**YEAR LEVELS:** Years 4–6

**STUDENT GROUPING:** Whole group

**ACTIVITY LENGTH:** 45–60 mins

## LINK TO CURRICULUM:

**English: Sequence of content F-6**

**Strand: Language:**

- Purpose audience and structures of different types of texts, how texts serve different purposes and how the structures of types of texts vary according to the text purpose
- Vocabulary Meanings of words, including every day and specialist meanings, and how words take their meanings from the context of the text.

**Strand: Literacy:**

- Creating texts, creating different types of spoken, written and multimodal texts, using knowledge of text structures and language features.

***See also Personal and Social Capability learning continuum sub elements:***

- Appreciate diverse perspectives
- Communicate effectively
- Understand relationships
- Work collaboratively.

## SCOPE OF TASK

Focusing on what is good in our lives fosters a sense of happiness and wellbeing. Identifying what we are thankful for in our lives puts us in a position to be grateful and express gratitude.

1. In a whole group ask the students about gratitude to activate their prior knowledge. Questions could include:

- What is gratitude?
- What other words mean the same as gratitude?
- Why should we show gratitude to others?

2. Explain to the students that they are going to create a list of things that they have gratitude for, and the objective is to find something for every letter of the alphabet. Provide some guidelines for how to consider things that they are thankful for:

- Things we notice in our lives that we are appreciative of
- How being thankful makes us feel
- What do we do to express our appreciation

3. Go through the letters of the alphabet, from A to Z, and try to name different things for each letter. Students can choose or be allocated a letter and consider something they are grateful for that matches the letter. For example, B: Bed – I am grateful that I have a warm bed to sleep in every night and I make it every morning.

4. Alphabet letters and their connection to gratitude could also be done as a whole class and there could be multiple items that the class are grateful for.

5. Encourage the students to write a sentence describing how they feel and how they show gratitude for the listed person, item, event, feeling to accompany the Alphabet letter

6. Display the 'Gratitude ABC' on the classroom wall



**Invite parents/caregivers, other classes and school friends to view the class Alphabet gratitude.**

## RESOURCES

- Poster paper
- Pens.