

Letters of Recognition - Humility

EXPLANATION:

Perhaps the best way to teach the virtue of humility is to foster a deep sense of gratitude in students. A sense of gratitude for even the little things can be expressed through thank you letters.

GRADE LEVELS: 4–6

STUDENT GROUPING: Group discussion and individual letter writing

ACTIVITY LENGTH: 40–60 minutes approx.

CASEL CORE COMPETENCY: *SOCIAL AWARENESS*

- Recognizing strengths in others
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

Humility is the quality of being humble, and it requires the consideration of others' needs, actions, and perspectives. Expressing gratitude to others will require acknowledging others and the contributions they make to our lives.

1. Question students to determine their prior knowledge and experiences relating to humility. It might be helpful to connect humility to the following concepts:
 - Not drawing attention to yourself
 - Acknowledging that you are not always right
 - Considering the needs of a team instead of the individual player
 - Acknowledging others' talents and actions
2. Ask students to consider people who contribute to their lives and do things for them selflessly. Students can share experiences with the group. Some examples may include parents/guardians, coaches, friends, and people in the school community. Encourage students to describe the actions of the people they are discussing. Questions could include:
 - Is this person humble?
 - Why do you think they are humble?
3. Share the task with the students:
 - Students are going to express their gratitude by writing letters to these people.
 - Students should choose people who may not get the recognition they deserve—for example, firefighters, police officers, and nurses.
4. Depending on students' prior knowledge, provide the necessary details about letter writing and correct letter structure.
5. Encourage students to create the greeting, a statement of gratitude, specific details of the person's actions and humility, and an appropriate closing and signature. The teacher can model a letter-writing example as needed or provide a template.
6. Once students have completed the letters, ask students to share with the class. When discussing the letters of thanks, highlight the humility that the letter recipients displayed.
7. Ask students to give their letters to the intended recipients.



8. In the days after the activity, ask students how the letter recipients felt about being acknowledged:

- What did they say?
- How did they feel?
- How did you feel?

RESOURCES:

- Pens
- Paper