

Gratitude Alphabet - Gratitude

EXPLANATION:

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

GRADE LEVELS: 4–6

STUDENT GROUPING: Whole group

ACTIVITY LENGTH: 45–60 minutes

CASEL CORE COMPETENCY: *SOCIAL AWARENESS*

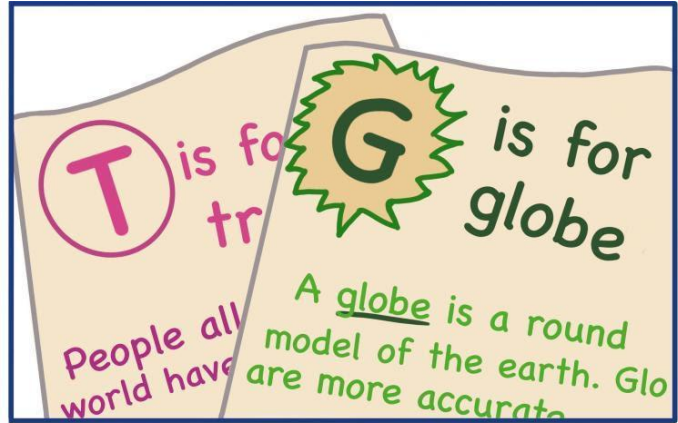
- Understanding and expressing gratitude
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

Focusing on what is good in our lives fosters a sense of happiness and well-being. 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; the objective is to find something for every letter of the alphabet. Provide some ideas to brainstorm that are related to gratitude:

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

3. Students can choose or be assigned a letter of the alphabet. Go through the letters of the alphabet, from A to Z; for each letter, try to name something specific to be 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. The letters can also be done as a whole class, with multiple items that the class is grateful for that correspond with each letter.

5. Encourage students to write a sentence describing how they feel about and how they show gratitude for the listed person, item, event, or feeling that they selected for their alphabet letter.

6. Display the “Gratitude Alphabet” on the classroom wall.

Invite parents/guardians, other classes, and school friends to view the class Gratitude Alphabet.

RESOURCES:

- Poster paper
- Pens