

Scope + Sequence: Gratitude Spotlight (Elementary)

Recommended for grades 3-5

In this program, students explore gratitude by noticing what's around them and practicing how to express appreciation. They reflect on people, experiences, and everyday moments that matter. Through discussion and creative activities, students learn that gratitude can show up even when things aren't perfect. They practice naming what they're thankful for and taking simple actions to show appreciation.

Lesson name	Lesson Summary	Students will Examine	Take Action "Before our next ThinkGive session on [give date]..."	SEL Core Competencies
Introduction	Students explore gratitude by reading an ode to shoes and reflecting on their appreciation of everyday things. They then write an ode to an everyday object they often overlook. The lesson concludes with a reflection on why gratitude matters.	- What gratitude means. - How noticing leads to gratitude. - The small things around them they can appreciate.	<i>Try to notice and appreciate people, objects, or experiences you might usually overlook. Pay attention to how your gratitude feels in your body.</i>	Self-awareness: Identifying emotions Self-awareness: Growth mindset Social awareness: Gratitude
Show Gratitude to Your Physical Self	In this lesson, guide students through an awareness exercise to help them reflect on how their bodies allow them to experience the world. They explore the importance of expressing gratitude toward themselves and identify specific ways to care for their bodies.	- The amazing and often unnoticed things their bodies can do. - How can they feel and express gratitude towards their bodies? - The physical and emotional benefits of taking care of their bodies.	<i>Your body is amazing—a result of millions of years of evolution! As residents of our bodies, it's our job to care for them. Try one new way to care for your body and notice any positive changes you feel.</i>	Self-awareness: Accurate self-perception Social awareness: Gratitude Self-management: Self-regulation
Celebrate Your Peers	Students expand their gratitude practice by focusing on their peers. They give and receive compliments about others' character traits and reflect on how expressing and receiving gratitude builds connection and confidence.	- How does it feel to recognize and acknowledge someone else's character traits? - How does it feel to receive gratitude for their strengths and contributions? - The wide range of positive qualities they—and others—can appreciate.	<i>Express your gratitude to a peer in or outside of our group by sharing how one of their character traits positively affects your life and/or our community. Tell them, write a note, create a piece of artwork, or share your thoughts with them in some other way.</i>	Social awareness: Gratitude Social awareness: Interconnectedness Relationship skills: Relationship-building

Make Gratitude a Tool	In this lesson, students explore how gratitude can help manage difficult emotions and reframe challenging situations. They reflect on times they've experienced tough feelings and consider how gratitude might change their perspective.	- How gratitude helps reframe difficult situations. - Using gratitude during challenging emotions. - Personal experiences with tough emotions and practicing gratitude.	<i>Try using gratitude when you're feeling a tough emotion, like when you're upset, bored, frustrated, or disappointed. See how it makes you feel. If it's too hard at first, that's okay—try again later.</i>	Self-awareness: Identifying emotions Self-awareness: Authenticity Self-management: Self-regulation
Wrap-Up	Students create a final project to reflect on their gratitude learning. They discuss why appreciation matters and brainstorm ways to keep practicing gratitude to help build a better world.	- What they've learned about gratitude. - What strategies do they find helpful in practicing gratitude? - How do they plan to continue their gratitude practice?	<i>Keep practicing gratitude every day. Pause to notice what's around you that makes your life better—and express your gratitude to yourself and others.</i>	Self-awareness: Growth mindset Social awareness: Gratitude Self-management: Goal setting