

Scope + Sequence: Gratitude Spotlight (Middle School)

Recommended for grades 6-8

Students explore gratitude by noticing the people, objects, and experiences that shape their lives and by practicing ways to express appreciation. They reflect on the many opportunities to be grateful—big and small—and take action to show gratitude in meaningful, everyday ways.

Lesson name	Lesson Summary	Students will Examine	Take Action "Before our next ThinkGive session on [give date]..."	Themes
Introduction	Students reflect on their relationship to gratitude by noticing what they appreciate and how they share that appreciation with others. They then explore how awareness strengthens gratitude and why practicing gratitude matters.	- What gratitude means and how it feels, both emotionally and physically. - What they are grateful for and how often they express it. - How awareness of people, moments, and surroundings can deepen the practice of gratitude.	<i>Pay attention to the things, people, and experiences around you.</i> <i>Choose at least one that you don't usually appreciate, reflect on how it benefits you and/or the world, and find a way to express your gratitude.</i>	Self-awareness: Identifying emotions Social awareness: Gratitude Responsible decision-making: Curiosity
Appreciate Your Strengths	Students identify their character strengths and reflect on how they have worked to develop them. They practice feeling and expressing gratitude for their character strengths.	- What character strengths do they possess? - How have they developed those strengths? - What does it feel like to express gratitude towards themselves?	<i>Practice self-care by focusing on your character strengths. Show gratitude by choosing one strength you'd like to develop and taking a specific action that helps you use this strength more in your life.</i>	Self-awareness: Accurate self-perception Self-awareness: Confidence Self-management: Goal setting
Develop a Gratitude Mindset	Students explore the many things they can be grateful for and practice reflecting on gratitude through writing and discussion. They create gratitude lists, discuss their reflections in small groups or partner circles, and consider how gratitude can positively impact their lives and communities. The lesson emphasizes vulnerability, self-awareness, and noticing both the big and small sources of gratitude in everyday life.	- The wide variety of people, objects, and experiences they can be grateful for. - How practicing gratitude can positively affect their thoughts, feelings, and actions. - Ways to deepen their sense of gratitude through reflection and intentional practice.	<i>Practice self-gratitude by writing down three things you're grateful for each day. These can be people, objects, activities, places, ideas, experiences (big or small), skills—anything that matters to you.</i>	Self-awareness: Identifying emotions Self-awareness: Authenticity Relationship skills: Effective communication

Express Gratitude to Others	Students explore small moments of care and gratitude in a short film, then reflect on everyday opportunities to thank people they may often overlook. They consider the many ways to express appreciation and how those expressions can positively impact both the giver and the receiver.	- How to notice and act on small opportunities to show gratitude to others. - Caring for someone is a meaningful way to show gratitude. - How even small moments of gratitude can create a significant impact.	<i>Take an action to show gratitude to someone who cares for you.</i>	Self-awareness: Accurate self-perception Social awareness: Interconnectedness Relationship skills: Relationship-building
Wrap-Up	Students explore the countless opportunities for gratitude by participating in a scavenger hunt to notice objects they might usually overlook. They then reflect on what they've learned about practicing gratitude and how they can continue to incorporate it into their lives.	- The many opportunities to notice and appreciate the people, objects, and experiences in their lives. - Key lessons they have learned about gratitude and its impact. - Strategies for continuing to practice and share gratitude in daily life.	<i>Keep building your gratitude practice by pausing to appreciate yourself and the world around you.</i> <i>Notice your opportunities to express gratitude each day.</i> <i>Challenge yourself to step into your courage zone and share your appreciation—especially with the people who care for you.</i>	Social awareness: Gratitude Relationship skills: Collaboration Self-management: Goal setting