






## HEART-MIND QUALITIES:

 Secure and Calm

 Compassionate and Kind

 Gets Along With Others

 Solves Problems Peacefully

 Alert and Engaged

AGE: Middle Years  
Adolescent Years

## LEARNING OUTCOMES

- Students will define gratitude, identify what they are grateful for and express gratitude visually.
- Photos requires cameras/phones
- Art projects can be done in any medium (drawing, painting, collaging, etc.)

## MATERIALS REQUIRED

## TEACHING AND LEARNING ACTIVITIES

1. **ACTIVATE THINKING:** Co-create a class definition of gratitude by finishing the sentence stem; “Gratitude is...”
  - This can be done as a large group or with a partner or individually.
  - If using computers or tablets/iPads, students can search a variety of sources for definitions.
  - Share student findings with class and come to a consensus on the top 3 or 4 words that were most popular or common.
2. Ask students “What are you grateful for?” Make a classroom list of their answers.
3. Use the following categories to inspire student’s creative interpretation of what they are grateful for:

• health	• smile	• tradition
• bodies	• books	• culture
• can’t live without	• something funny	• music
• something new	• nature	• diversity
• neighbourhood	• something old	• beauty
• season	• animals	• laughter
• basic needs	• memories	• love
• transportation	• friends	• kindness
• family	• what brings joy	• where you sleep
• favourite food	• emotions	• self-portrait
4. Introduce the project as an activity to create and/or gather images (photos, art, words and phrases) that depict what they are grateful for within a category that they choose.
5. Create time and space for students to share their work.



## ADAPTATIONS

- Begin the session with the video by Louie Schwartzberg. <https://youtu.be/nj2ofrX7jAk>
- Use the list as a 30-day challenge, addressing a new category every day.
- Include a discussion on gratitude awareness and expression through all 5 senses. For example; What does gratitude look like? Smell like? Feel like? Taste like? Sound like?
- Have students choose a unique category from the list, with no duplications in the class. When the final products are shared, a wide range of gratitude categories will be covered with varying perspectives.
- Engage multiple classes or the entire school with a gratitude focus.

## FOLLOW-UP ACTIVITIES

- Assign a creative writing assignment - journal, short story or essay.
- Present photos/art to other students, parents or wider community.
- Deepen the connection to gratitude from artistic expression to performing acts and gestures at home, school and throughout the community.