

EXPRESS GRATITUDE

ACTIVITY

Distance Learning Tips Our activities are designed to be used in and out of the classroom. Below are some tips for working on them at home.

Students: Consider working independently or with your peers where discussion is encouraged. You can meet virtually, share a live document, or chat to exchange ideas. **Parents:** Talk with your child through the activity and ask them what is most impactful. Be open to answering questions and exploring new topics together. Your role, now more than ever due to remote learning, is so important. Because you'll be seeing them in person the most in this time, be sure to keep tabs on their activities and that they're still pursuing their natural high! **Teachers:** Suggest your students follow the activity directions independently or engage with peers where discussion is encouraged. You can also facilitate virtual conversations or encourage offline chats/emails. Encourage students to share their responses and projects with you digitally.

Time Needed

20 minutes

Materials Pen or pencil and paper or digital writing platform (text, email, etc)

Activity Description We know that developing a practice of gratitude can help to nurture empathy and a sense of belonging. You will take a moment to reflect on someone you are thankful for. By sharing your gratitude you are working toward building connection and community.

- Suggested Steps**
1. Consider who has helped you or influenced you. Why are you grateful for them? Specifically how have they supported you or impacted your life? How do you feel towards them?
 2. Write a thank you note. This can be informal (email, text, messaging app) or formal (written letter, typed document). However you are comfortable, share what you are grateful to this person for and share why.
 3. Share or send the note. This could be through a shared document, sending the letter, or sending through a messaging app. However you do it, share the gratitude.