

# CHARACTER EDUCATION

## "Gratitude" Grades 9-12

### DEFINITION:

Gratitude is to show that you are thankful for what others have done for you.

### STUDENT ACTIVITIES:

- Have students write a thank you note to a teacher, school official, and/or parent(s).
- Have students write an essay on "A Day Without a..." (custodian, cafeteria worker, etc.) to acknowledge their contributions.
- Brainstorm a list of songs about gratitude and thankfulness.
- Have students create an anagram from the word "gratitude".
- Have the class create a book that contains notes from students thanking their classmates for specific activities performed.
- Have students select a charity to support to teach gratitude for their blessings.
- Hold an art show depicting people/things for which students are thankful.
- Encourage students to support a canned food drive.
- Develop a Pen Pal program with students from another country/school that is less fortunate.
- Create a chain of gratitude around the school.
- Have students journal about trading chores with a sibling or parent.
- Assist students in developing Thinking Maps in regard to areas in which students are thankful (home, school, community, etc.).
- Have students send Thanksgiving cards to veterans in Veteran's hospitals and/or active duty military personnel.
- Have students make a list of only three things they would bring to a deserted island. Discuss all the things they would miss. (This activity could be tied into a "Survivor" theme).
- Help students plan a "Hero" luncheon to invite an everyday hero in a student's life to be honored and shown gratitude.
- Assist students in making a gratitude quilt (paper, cloth, etc.).

- Assist students in making gratitude bookmarks.
- Use a paper plate to hang on a student's back with yam. Have others write things they are grateful for about that person without signing their name.
- Ask students to make a gratitude journal to give to someone. Have students record daily things of which they are grateful about that person. (Timeframe can be a week, a month, etc.)
- Do a class video of students sharing stories of gratitude.
- Assist students in making a gratitude mobile of things they are grateful for.
- Create a "Tree of Hearts". Have students put the name of a person they want to thank on a heart. Place the heart on the tree.
- Ask students to write on a slip of paper why they are grateful. Pick one slip from the box to read each day.
- Provide a book list with books that teach about gratitude.
- Have a 'reporter' interview students about what they are thankful for (can be used for announcements, school paper, etc.).

**SOURCES:**

<http://www.thanksgiving.org/studyguide.htm>

<http://www.kidbibs.com/learningtips/lt28.htm>