



## Grade 8 Lesson Plan: Attitude of Gratitude

### Objectives/Goals

- Students will create a poster that reflects their gratitude towards the assigned group of people

### Materials

- Worksheets included
- PowerPoint included
- Gratitude [Video](#)
- Posters
- Markers
- Tape
- Scissors

### Procedure

#### *Step 1*

- Have students complete the Cupid's Confidence worksheet that is included.
- Lead a discussion about the connection of loving oneself and loving others.

#### *Step 2*

- Show the gratitude [Video](#) starting at minute 1:12.
- Lead a discussion on the video.

#### *Step 3*

- Have students complete the ABC's of Gratitude worksheet that is included.
- Discuss the benefits of gratitude which is included in the PowerPoint

#### *Step 4*

- Assign the Attitude of Gratitude project which is included
- E-mail faculty/staff and ask if they would write a brief summary of what they are grateful for in the students in your school. Make a poster and place it beside the students' posters so that they can see that the adults in the building are grateful for them as well.

## Health Smart Virginia Lesson Plan

### *Step 5*

- Have students complete the Recipe for a Healthy Heart worksheet that is included.
- Have students complete the Pay it Forward activity that is included.

### **Assessment Idea**

Students will create gratitude posters

### **References**

- Melanie Lynch, 2016 SHAPE America National Health Teacher of the Year
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### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

# CUPID'S CONFIDENCE



I was really happy when... \_\_\_\_\_

\_\_\_\_\_

Something that my friends like about me... \_\_\_\_\_

\_\_\_\_\_

I am proud of... \_\_\_\_\_

\_\_\_\_\_

My family was happy when... \_\_\_\_\_

\_\_\_\_\_

In school, I am good at... \_\_\_\_\_

\_\_\_\_\_

Something that makes me unique... \_\_\_\_\_

\_\_\_\_\_

# ABC'S of Gratitude



Below, brainstorm a word or phrase associated with the topic of gratitude, matched to each letter of the alphabet.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>
<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>
<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>
<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>
<b>U</b>	<b>V</b>	<b>W</b>	<b>XYZ</b>



We can always feel better about ourselves when we look inside and reflect what we are truly grateful to have in our lives. You will be assigned a group and you will create a poster, to be hung in the hall for one of the following groups:

## Categories



- **Administrators**
- **Custodians**
- **Lunch Workers**
- **Teachers/Paras**
- **Secretaries**
- **Security/SRO**
- **School Counselors**

### Criteria for Posters:

- Each Poster must have a prominent message for the group assigned.
- At least 10 things that you appreciate about your group assigned.
- Must have at least one gratitude quote.
- Must clearly state which group it represents.
- Must be creative, colorful and have



# Recipe for a Happy Heart

Choose 10 of your favorite affirmations that will help you create happiness throughout your life. You may choose statements from the list or make your own.

#1	
#2	
#3	
#4	
#5	
#6	
#7	
#8	
#9	
#10	

## Positive Affirmations for Happiness

1. I deserve to be healthy, happy, and successful.
2. I'm good with who I am, I'm proud of who I'm becoming.
3. I'm committing myself to live a happy life.

4. I don't need to show off to prove that I'm doing well.
5. I am Happy.
6. I'm creating the life I deserve to live.
7. I don't need to live life in a way that will impress others. I need to live my life in a way that will keep me happy.
8. I'm going to accomplish all of my dreams. I'm going to think, speak and work them into existence.
9. I'm not selfish if I focus on myself for a little bit. I need to make sure I'm okay and happy.
10. I will choose the happiness of this moment, instead of the pain of the past.
11. I am a radiant and joyous person.
12. People I am good at loving others and I make others happy.
13. The only person I want to be is a better version of myself.
14. I'm going to reach every goal I set for myself. I'm not giving up on any of my dreams.
15. Happiness and love flow freely from me.
16. Every day in every way I am getting happier and happier.
17. I am surrounded by loving people, cuddly creatures, and happy plants.
18. I am open to laughter today.
19. When I can control how I feel, I can control my future.
20. I'm making the conscious, continued effort to heal and be happy. It's great.
21. I deserve all of the good things that are in my life.
22. I'm able to be happy for people that aren't in my life anymore when I see them doing well.
23. I choose to create a happy life.
24. I choose to focus on things that feel good.
25. I attract a loving happy family for myself.
26. It is natural for me to feel happy all day, every day.
27. It is easy for me to feel happy all day, every day.
28. I am attracting and allowing money to come to me in ways that will make me really, really happy.
29. I am unique; I feel great about being alive & being me.
30. Amazing opportunities exist for me in every aspect of my life.
31. I deserve all of the good things that are in my life.
32. I'm able to be happy for people that aren't in my life anymore when I see them doing well.
33. I choose to create a happy life.
34. I choose to focus on things that feel good.
35. I choose to see only the positive
36. I choose to think only the positive.
37. I choose what experiences to have.
38. I choose how to respond to circumstances.
39. I'm always on the right track. I'm always safe.
40. I give myself the permission to hear my inner voice





Practice a random act of kindness. Write a kind and positive message below, cut it out, and pay it forward to someone else!

A large rectangular area defined by a dashed black border, intended for students to write their kind messages.

One kind word could change someone's entire day.

Category	4	3	2	1
Use of Class Time	Used time well during each class period. Focused on getting the project done. Never distracted others.	Used time well during each class period. Usually focused on getting the project done. Never distracted others.	Used some time well during each class period. There was some focus on getting the project done but occasionally distracted others.	Did not use class time to focus on the project OR distracted others.
Graphics - Originality	Several of the graphics used on the poster reflect an exceptional degree of student creativity in their creation and or/display.	One or two of the graphics used on the poster reflect student creativity in their creation and or/display.	The graphics are made by the student, but are based on designs or ideas of others.	No graphics made by the student are included.
Required Elements	All required elements are included on the poster.	All but 1 of the required elements are included on the poster.	A few of the required elements were missing.	Several of the required elements were missing.