

Social-Emotional Unit for Elementary Classrooms: Gratitude

GRATITUDE

KINDNESS | FAIRNESS | RESPECT | SELF-DISCIPLINE | COURAGE | PERSEVERANCE | RESPONSIBILITY
COOPERATION | TRUSTWORTHINESS | INTEGRITY | GRATITUDE

VariQuest Visual and Kinesthetic Learning Suite

IN PARTNERSHIP WITH CATHY HENRY OF THE CURRICULUM CORNER | 2021

Social Emotional Unit for Elementary Classrooms

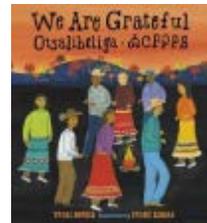
Lesson Focus: Gratitude – to show appreciation

Lesson Objective:

- Students will increase their social-emotional awareness of how gratitude can impact themselves and others.

Materials:

- Focus Book: *We Are Grateful: Otsaliheliga* by Pat Traci Sorell
- Post-it Notes
- Colored pencils, crayons, or markers.
- Class set of scissors
- Class set of clipboards

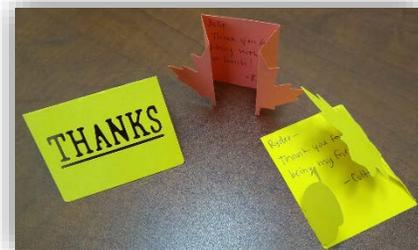


Lesson Preparation:

- Prepare copies of the Family Letter to send home with students.
- Choose the anchor chart (printables section) that best suits your students' needs. Enlarge to poster size (made easy with the [VariQuest® Perfecta® Series Poster Design System](#)) and display in your classroom.
- Use the [VariQuest Cutout Maker 1800](#) to prepare thank you cards. Options from the [VariQuest Engage Every® Learner Content](#) include Leaf Acorn Fold Over Card (ID# CRD016), Leaf Fold Together Card (ID# CRD048) and Thanks Window Card (ID# CRD063), or create your own cards using construction paper or cardstock.
- Use the Cutout Maker to create bookmarks. Options include Leaf 1 Bookmark (ID# BKM092) and Leaf 2 Bookmark (ID# BKM093) or cut them on your own.
- Prepare any other activities you wish to complete with your students.

Description of Activities:

- Family Letter – This is a simple communication to send home with students so parents are aware of the current social-emotional focus.
- Literature Connection Pages - Students reflect on the social-emotional focus in the story with pictures or words. (2 options available)
- Anchor Chart #1 – “What is gratitude?” Students write their ideas for what gratitude is. They can record their responses on Post-it notes. Have them place their notes on the poster for a follow-up class discussion.
- Anchor Chart #2 – “Being Grateful” Students share things they are grateful for. They can record their responses on a Post-it note and add to the anchor chart. When students are finished, give them time to share their responses with the class. Along with the anchor charts with blank spaces, we have included an extra one with lines. This might be an option you provide for small groups of students working on this task together.
- Recognition Activity: Give students a card cutout. Students will think of someone in the school building they want to recognize. It can be a classmate or staff member. Children will then write a note recognizing something that person has done for them. You can give students a copy of the “Gratitude Word Wall” if a word bank will help them as they are working (use the VariQuest Perfecta® Series



Poster Design System to enlarge the Word Wall to poster size and prominently display in your classroom).

- **Gratitude Bookmarks:** Give each student a bookmark. On the bookmark, have students list things they are grateful for. As an extension, you can send home extra bookmarks for family members to create together. This could be a fun activity during family dinner.



- **School – Home Connection:** “I am thankful for you!” Provide students and their families with the chart to share reasons they are grateful for their child. You may ask them to bring and share with the class.

VariQuest Integration Tip/Lesson Extension:

- Create a board of gratitude in your classroom. Use the [VariQuest Cutout Maker](#) to cut the Wall Tree Collection (ID# CRF174) found in the [VariQuest Engage Every Learner® Content](#). Assemble the tree to create your own bulletin board. You might choose to make the leaves orange, yellow, red and brown for fall. Hang up the tree and place the leaves in a basket near the tree. Students can write something they’re grateful for on a leaf and pin their leaf on the tree. This can be done as a whole class activity, or you might share the idea with students and let them complete a leaf during morning entry time or throughout the day.
- Make your own class gratitude book. Use the Cutout Maker to create a heart-shaped book with Heart Shape Book Cover (ID# BKS037) and Heart Book Page (ID# BKS038) found in the VariQuest Software or make your own heart-shaped books and cut with scissors. After assembling your book, add a title such as, We are Grateful. When students recognize someone or

something they are grateful for, they can write and draw about it on a page in the book. At the end of the year, you will have a book with wonderful memories from your class!

Additional VariQuest Materials You May Wish to Use:

- [Cutout Maker 1800](#): Acorn Bingo Card (ID# MTH120) – Students can fill their bingo boards with words from the book. You can display the 'We are Grateful Word List' (printables sections) on your SmartBoard or print to poster size using the [Perfecta® Series Printer](#). Have students choose the words to write on their cards for some classroom Bingo fun!
- [Motiva® 400 Specialty Printer](#): I am Thankful Sticker (ID# MSCL081) – Print a sticker for each student with their picture on it. Have them wear their stickers throughout the day to show their Gratitude.
- [Perfecta® Poster Design System](#): Happy Thanksgiving Poster (ID# CEL035). Print this colorful poster and display in your classroom leading up to the Thanksgiving to remind students of all the things they are grateful for. Tip: Safely Laminate your poster with the [VariQuest Cold Laminator 2510](#) for added durability and reuse year after year.



Printables

GRATITUDE

Dear Families,

Right now, we are focusing on the concept of gratitude in our classroom. We will be working to understand the meaning of gratitude and how we can work to recognize the things we are grateful for in our lives. Please help us at home by asking your child about the gratitude activities we are doing. Also, please spend time talking about the things your family has to be grateful for.

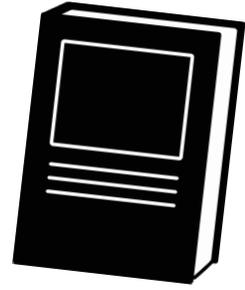
As part of our focus, we will be reading the book *We Are Grateful: Otsaliheliga* by Traci Sorell. It was written by a citizen of the Cherokee Nation and focuses on a Cherokee family as they express gratitude for events throughout the year. At the end of our focus, be sure to ask your child about the story and what they learned from listening to it.

What is gratitude?
to show appreciation for

Name: _____

We Are Grateful

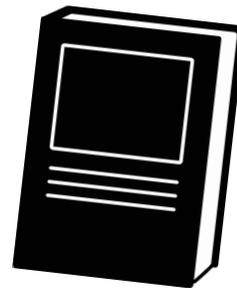
by Traci Sorell



Draw a picture of something the Cherokee family is grateful for.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of something the Cherokee family is grateful for.

Name: _____



We Are Grateful

by Traci Sorell

What is one thing the Cherokee family is thankful for?

The Cherokee family found gratitude in everyday places. What is something they showed thanks for that we might sometimes overlook?

Are all the events shared in the book happy events? Share your thoughts.

What is gratitude?

to show appreciation for

What is gratitude?

to show appreciation for

Being Grateful

What happened that you are grateful for?

to show appreciation for

Being Grateful

What happened that you are grateful for?

to show appreciation for

Gratitude Word Wall

Use these words to help you write about gratitude.

amazing

appreciate

family

friends

generous

grateful

happy

helpful

kind

recognize

special

thankful

thoughtful

together

treasure

wonderful

Finding the Good in Every Day

Directions: Let's go on a gratitude walk! As we walk around the school, draw and write about four things you find to be thankful for.

I am thankful for you!

Share reasons you are grateful for your child. You can use words and pictures.

We Are Grateful

Word List

- ancestors
- blessings
- cedar
- celebrate
- clay
- crops
- elders
- embrace
- express
- feast
- gather
- grateful
- harvest
- leaders
- otsaliheliga
- patience
- preserve
- protection
- quarrels
- relative
- reminder
- reveals
- sacrifice
- savor
- season
- streams
- struggles
- traditional
- wade
- weave

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