



**YOUR CHOICE:
CHOOSE WISELY**

LET ME BE GREAT...FUL



INTRODUCTION

Today, we will:

- * Reflect on gratitude and areas of thankfulness in our lives
- * Explore how gratitude impacts our moods and wellbeing



SEL CONNECTION



Today, we will practice **Self-Awareness** by reflecting on what we're thankful for in our own lives.





ICEBREAKER

FILL IN THE BLANK WITH
GRATITUDE



FILL IN THE BLANK WITH GRATITUDE

- 1) Choose one of the gratitude sentence starters and share your answer.
- 2) Pass it along to someone else to share!

- I'm grateful for three things I hear.
- I'm grateful for three things I see.
- I'm grateful for three things I smell.
- I'm grateful for three things I touch / feel.
- I'm grateful for three things I taste.
- I'm grateful for three blue things.
- I'm grateful for three things in my home.
- I'm grateful for three friends.
- I'm grateful for three teachers.
- I'm grateful for three family members.



LESSON

PART ONE

GRATITUDE



LESSON: PART ONE



WATCH A VIDEO

GRATITUDE

- 1) Watch "I Got Life" by Raashan Ahmad.
- 2) Reflect and Discuss:
 - What do you think is the message within the song?
 - Are there times when you feel like you do not have all that you want or need? How do you handle those moments? What role does gratitude play in those times?





GRATITUDE

INTENTION

The end or object intended; purpose.

REFLECT AND DISCUSS

- How do our intentions or attitudes influence our moods?
- How does gratitude affect our moods?



LESSON: PART ONE



GRATITUDE

Use the gratitude chart to write out your gratitude of BIG things, LITTLE things and IGNORED things.





DEBRIEF / EXTENSION



