



GO HARD OR GO HOME

I WANNA THANK ME



INTRODUCTION

Today, we will:

- * Understand the importance of expressing gratitude towards ourselves.
- * Grasp the significance of cultivating a positive relationship with ourselves for overall well-being and personal growth.



SEL CONNECTION



Today, we will practice **relationship skills** and the importance of developing a positive relationship with self.





ICEBREAKER

BLOCK PARTY JOY



**WE DO
IT 4 THE
CULTURE™**
SEL CURRICULUM



ICEBREAKER

>>> GET MOVING!

BLOCK PARTY JOY

- 1) Independently reflect on two of your most joyful moments of the year.
- 2) Walk around the room while the music plays.
- 3) When the music stops, find a partner and share your joyful moment.





BLOCK PARTY JOY

What is something interesting or surprising you learned about a classmate during the Block Party?





**LESSON
PART ONE**

I WANNA THANK ME





I WANNA THANK ME

GRATITUDE

The quality of being thankful; readiness to show appreciation for and to return kindness.



LESSON: PART ONE



WATCH A VIDEO

I WANNA THANK ME

1) Watch Snoop Dogg's "I Wanna Thank Me"

2) Whole class cypher:

- Why is it important to express gratitude to yourself?
- What goals would you like to express gratitude to yourself for accomplishing?





LESSON
PART TWO

LETTER TO MYSELF



LESSON: PART TWO



WRITING

LETTER TO MYSELF

- 1) Write a letter, poem or rap to yourself expressing gratitude for your efforts and positive qualities.
- 2) Share with a partner.





LESSON PART THREE

GRATITUDE WALL



LESSON: PART THREE

➤➤➤ GET MOVING!

GRATITUDE WALL

Add sticky notes expressing gratitude for someone else in the class on the Gratitude Wall.



LESSON: PART THREE



TALK ABOUT IT

GRATITUDE WALL

APPRECIATION CIRCLE

Form a circle and express appreciation for a classmate.

