

# Thankfulness

**Grade:** K2

**Unit:** 1 of 1

**Time:** 45 minutes



## Lesson Focus

This lesson is designed to reinforce values in daily life, especially gratitude and respect. It also aims to teach students the importance of being thankful for life and for all the people around us, as well as for biodiversity. The lesson is structured to strengthen the teachings of the Jing Si Aphorisms.



## Objectives

Students will understand:

1. Gratitude is mutual and positive—it helps us feel better and influences others in a good way.
2. A positive outlook improves well-being, mental health, and relationships with family, classmates, and the community.
3. They will reinforce values and reflect on how well they apply Jing Si Aphorisms in daily life.



## Jing Si Aphorism

Words of Wisdom By Master Cheng Yen



**Be grateful always, for everything and everyone, at every moment.**

Jing Si Aphorisms are short verses that convey wisdom from the teachings of Master Cheng Yen, the founder of Tzu Chi.



## Materials

- Video: “[Gratitude to Life | Reflections on Life](#)” by Galeano
- Video: “[Una Bonita Historia, de Gritud](#)” by Lidia Inés Salsadella
- Video: Make a paper “cootie catcher. <https://www.youtube.com/watch?v=2SwSw21FKgg>
- Sheet of paper
- Scissor
- Colored pencils / crayons

NOTE: Adjust time based on students’ abilities; provide pre-folded sheets to save time when making the paper “cootie catcher.”

For the tree activity, use the same sheets or draw a large tree and attach the gratitude notes.



## Procedure

### Before we reflect together

Begin by asking students what gratitude means to them. Ask them to give an example of how they show gratitude. Also ask if they have ever felt thankful simply for being alive.

Ask students: What would happen if no one ever said “thank you”? How do we feel when someone thanks us, even for a small action?

Provide a brief example of how we can be grateful to ourselves, to life, to our family, and to society.

Then play the video “[Gratitude to Life | Reflections on Life](#)” by **Galeano**.



### Materials:

Equipment to play the video  
Video: “*Gratitude to Life | Reflections on Life*”

## Comprehension

## Let's Reflect Together

1. Ask students:
  - What did you think of the video?
  - What did you understand?
  - Have you ever felt grateful for life? How?
2. Continue the topic and give a simple definition of gratitude.
3. Share everyday examples of how and when we show gratitude.
4. Have students create a gratitude collage with their own drawings. Then make a tree: roots = most important gratitude, trunk = medium, branches/leaves = less important.
5. Explain: roots are life's foundation (most important), the trunk is what we sometimes forget, and the top represents things we don't always realize we should appreciate.
6. Discuss what we can appreciate in biodiversity and how to do it. Encourage daily gratitude and keeping an open mind and heart.

## Procedure

### After Reflecting Together

1. Begin by discussing ways to show gratitude in biodiversity. Emphasize that we can express gratitude by helping others in the future. Ask what other ideas they can add to those already mentioned.
2. After exploring many ways to be grateful, have students talk in pairs about actions they can take in the classroom to improve each day. Also discuss ways to practice gratitude at home and strengthen it within the family.
3. Then play the video [\*“Una Bonita Historia, de Gritud”\*](#) A *Beautiful Story of Gratitude* by Lidia Inés Salsadella.



### MATERIALS

- Equipment to play the video
- Video: *A Beautiful Story of Gratitude*

**Hands-on Activity****Practical Activity**

Make a paper “cootie catcher.” Instructions are in the following video:

<https://www.youtube.com/watch?v=2SwSw21FKgg>



While students make the cootie catcher, continually reinforce the lesson on gratitude. Remind them that what we practice at home can also be practiced in society, and encourage them to share gratitude with others—starting with themselves.

With consistency and respect, we can create a more harmonious environment.

**Note:** If time is limited or the activity is difficult, provide sheets pre-made up to step 5 to simplify the task.

**MATERIALS**

- 1 sheet of paper
- Colored pencils
- Scissors

## Reflection

1. Discuss as a group which ideas they will put into practice, which they liked most, and why.
2. Encourage students to remember these actions and apply them in all areas discussed. Remind them that biodiversity is part of our lives, and we can protect and improve it through our actions—applying what they have learned and today’s Jing Si Aphorism.
3. Invite students to do the tree activity at home with their families, compare expressions of gratitude, and identify which ones they can practice together to strengthen family bonds.

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everything and everyone,  
at every moment.**

shí shí gǎn ēn      chù chù gǎn ēn  
時時感恩，處處感恩，  
rén rén gǎn ēn      shì shì gǎn ēn  
人人感恩，事事感恩。



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