

# Thankfulness Lesson Plan by Bohsuen Ho

**Grade:** 1

**Unit:** 1 of 1

**Time:** 45 minutes



## Lesson Focus

Guide students to **find out love and kindness in their daily lives** and show them **how to express gratitude in various ways**



## Objectives

Students will **identify the kindness and positive outcome in their lives**.  
Students will **identify certain figures** in their lives who provide or support.  
Students will **response to those kindness through expressing appreciation**.



## 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

Please include all materials used in the lesson. Remember to copy items from lists in the lesson plan

- Thankfulness poster (*Appendix A*)
- FOREVERGREEN 13 minutes Oscar nominated short film, available on YouTube: [link](#)
- Pinecone (10-15)
- Tissue paper
- Pipe cleaner
- Pompom
- Glitter
- White glue (8-10)
- Scissors (8-10)
- Jing Si Aphorism poster (*Appendix N*)



Note: Substitute or adjust the duration and complexity of the activities according to the needs and attention span of the students in your class.



## Procedure

### Opening / Anticipatory Set- 5 minutes


#### Sharing circle

Introduce the word “thankfulness” to students by activating prior experience and knowledge:

Guide students to observe the word “thankfulness,” starting with “thank.”

Q: Have you ever said “Thank you” to someone? When?

Why did you say “Thank you” to them?

 -The focus of this session is to get students involved and create a welcoming learning environment. Teacher should be open to all kind of responses and model active listening during the sharing.

-Instead of implicitly teaching students what “thankfulness” is, use guiding questions to let students connect their own experience of being grateful, receiving kindness, and showing appreciation.

-To ensure the accessibility of this session, teacher can use the poster(see *Appendix A*) to show the word “thankfulness” to students.

## Storytelling-15 minutes

FOREVERGREEN (2025) by Nathan Engelhardt and Jeremy Spears

### Story Overview:

*This is an Oscar nominated short film, portraying the relationship between a tree and a bear. The bear was hungry and lost in the forest and it encountered a tree who provided it with food to eat and place to rest. They took care of each other and lived a loving life for a while. One day, the bear saw a junk carried by a bird. It was attracted by the junk and decided to leave the tree and to chase after the trash. The bear accidentally set the forest on fire and was in danger. The tree with the limitation of movement laid down its life to save the bear. The bear was saved and it planted a seed in memorization of the tree.*



-This film is age-appropriate and accessible for ELL students.

-Students will watch this short film to observe the interaction between the bear and the tree.

### Materials

- Video clip



If you use any online resources, such as videos or templates, you can include the reference link here

<https://youtu.be/B4EPW7JUMTM?si=Nk48SQMtd0-8oJMU>

**Comprehension- 10 minutes**

- Warm-up questions (use the session to **recall** the content)
  - Who was in this film?
  - What happened to the bear/ the tree?
  - Why did that happen?
  - How did the tree react to the fire?
- Connect to “thankfulness” (use the session to **understand** the content)
  - How did the tree take care of the bear?
  - How did the bear respond to the tree?
  - Why did the tree take care of the bear?
  - Why did the tree sacrifice itself for the bear?
  - Why did the bear plant a new tree?
- Connect to their own experiences (use the session to **apply** the concept to their lives)
  - Who takes care of you daily?
  - How do they (parents/ guardians/ teachers/ siblings) take care of you?
  - Why do they (parents/ guardians/ teachers/ siblings) take care of you?
  - How did you respond to them?
  - What did you do to show “thankfulness” to them?
  - What else do you want to do to show thankfulness to them?



- The questions were designed according to Bloom’s Taxonomy, from **recall** to **understand**, to **apply**. Teachers have the agency to modify the questions as long as it aligns with the purpose.
- Teachers are encouraged to ask follow up questions to promote deeper understanding.
- The desired outcome is students can identify those who love them and come up with creative ways to show thankfulness.

Teacher’s guide: click [here](#) to learn more about Bloom’s Taxonomy to facilitate learning experience from foundational skills to complex skills.

## Hands-on Activity-15 minutes

In FOREVERGREEN, the tree heated up the pinecone and gave the seed to the bear as food. Let's made some pinecone art and share the love with those you wanted to show thankfulness to.



-Teacher can give student a bathroom break before this activity if needed.

-Teacher should let students know this art craft will be a gift for loved one, just like the tree provide the food to the bear.

-Students can use creativity to decorate the pinecone.

-There is no set outcome for this session. The focus of this session is to let students freely make art and have a tangible object that connect with the film we watch and the discussion we have.



### Materials

- Pinecone, tissue paper, pipe cleaner, pom-pom, glitter, etc.
- White glue, scissors

Feel free to modify the art materials according to what is at hand. Recycle materials are great resources as well.

## Reflection

- What did you use to make your pinecone gift?
- Whom do you wish to give it to?
- Anything you want to tell them when you give them the gift?

## Reflection

- Link back to previous question “What else do you want to do to show thankfulness to them?” while students answered, teachers can make a chart on the board or paper. Ask them to choose one to do it in the following week.



-Make students' thinking process visible. Use graphic to enhance the accessibility.

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Thank you!  
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**Be grateful always, for  
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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