

# Thankfulness

**Grade: K2**

**Unit: 1 of 1**

**Time: 75 mins**



## Lesson Focus

### Lesson Plan: Cultivating Thankfulness

**Grade Level:** Applicable to various grade levels (adaptable)  
**Subject:** Integrated (Language Arts, Social Studies, Character Education)

**Time:** 45-60 minutes

Please state your lesson focus



## Objectives

- Students will understand the concept of thankfulness.
- Students will express gratitude through interactive activities.
- Students will reflect on the importance of thankfulness.



## 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

### Materials:

- Whiteboard and markers
- "Gratitude Circle" worksheet (optional)
- "Thank You" cards or paper
- Art supplies (for artwork activity)



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

The teacher will begin by asking: “What is gratitude?” ( 15 minutes)

Students may respond with examples or paraphrase the concept. Then, the teacher will present a flip chart with the definition of Gratitude.

The teacher will read it aloud and provide examples. The chart will also include five boxes (A4 size) where students will later paste their completed work. (See Appendix A.)



Gratitude is showing respect and appreciation to people who help us selflessly.

## Storytelling

Your choice of story for the lesson

### Story Overview:

*Please include a short summary of the story to help us understand your choice.*

### Story Overview

The story focuses on a young child who learns the importance of being thankful. At the beginning, the child often complains about what they do not have and does not appreciate the people around them. One day, after experiencing a difficult situation or observing others who have less, the child begins to realise how much they actually have to be grateful for. Through this experience, the child learns to appreciate family, friends, and everyday blessings. By the end of the story, the child expresses gratitude and shows a positive change in attitude, demonstrating the value of thankfulness in building happiness and stronger relationships

### Materials

.

If you use any online resources, such as videos or templates, you can include the reference link here  
<https://www.youtube.com/watch?v=>

## Comprehension

- Design a series of questions to help student understand the story and lead them to connect with the topic concept.

### Lesson Plan

#### Step 1: Introduction (5 minutes)

- Begin with a discussion: "What does it mean to be thankful?"
- Write student responses on the board.

#### Step 2: Gratitude Circle (10 minutes)

- Have students sit in a circle and share something they're thankful for.
- Encourage active listening.

#### Step 3: "Thank You" Cards (15 minutes)

- Provide materials for students to write "Thank You" cards to someone they appreciate.
- Encourage creativity and sincerity.

#### Step 4: Artwork (15 minutes)

- Ask students to create artwork representing things they're thankful for.
- Display artwork in the classroom.

#### Step 5: Reflection (5 minutes)

- Discuss: "Why is thankfulness important?"
- Encourage students to share their thoughts.

#### Assessment:

- Observe student participation.
- Review "Thank You" cards and artwork for understanding.

#### Extension:

- Create a "Gratitude Wall" in the classroom.
- Invite a guest speaker to talk about gratitude.

## Hands-on Activity

Please explain the activity and step by step process. **tep-by-Step Step-by-Step Activities (Short Explanation)**

### **Step 1: Introduction (5 min)**

The teacher asks learners what thankfulness means and writes their answers on the board. This introduces the topic and gets learners thinking.

### **Step 2: Gratitude Circle (10 min)**

Learners sit in a circle and each shares one thing they are thankful for. This builds confidence and listening skills.

### **Step 3: Thank You Cards (15 min)**

Learners write and decorate a thank-you card for someone they appreciate. This helps them express gratitude in writing.

### **Step 4: Artwork (15 min)**

Learners draw something they are thankful for. This encourages creativity and personal expression.

### **Step 5: Reflection (5 min)**

The teacher asks why thankfulness is important, and learners share their thoughts. This helps them understand the lesson.

## Materials

- Whiteboard and markers
- "Gratitude Circle" workshee
- "Thank You" cards or paper

## Reflection

- We use a series of questions to lead students to reflect on what they have learned during the lesson.

## Reflection

- Use action plan to help students practice what they learned 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.



**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。



Tzu Chi Education Foundation





Copyright 2025 Buddhist Tzu Chi Education Foundation  
佛教慈濟美國教育志業基金會版權所有 2025