

Thankfulness

Grade:

Unit: 1 of 1

Time:



Lesson Focus

Please state your lesson focus

Students will explore the concept of gratitude by identifying and expressing things they are thankful for in their lives. They will understand how comparing themselves to others can affect their feeling and learn how to practice gratitude instead of comparison. Through storytelling and a hands-on activity, students will connect emotions to personal experiences and build social-emotional awareness.



Objectives

Please list the lesson objectives

- Define gratitude in simple terms by categorizing their gratitude by people, body, experiences, etc.
- Learn how comparison can make us feel, and the difference between comparison vs gratitude
- Express gratitude through art and writing



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

- Storybook : Book Title by Author
-
-
- Designed prints (*Appendix A*)
- Jing Si Aphorism poster (*Appendix N*)

- Book: The gratitude jar by Katrina Liu& Bella Ansori
- Gratitude jar worksheet(Jar outline)
- Small colored paper squares
- Glue sticks
- Pencils/crayons/markers
- Bowl or container for colored cards
- teacher color guide



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

Please design the lesson opening

- Start by asking " raise your hand if you've ever seen something someone else had and thought ... I wish I had that "
- Let students think and also give your opinion by raising your hand
- You can even give examples like toys, pets, clothing, etc..
- Ask a few to share how that experience made them feel(happy, sad, upset, and why)
- Thank them for sharing and then tell them that these feelings are valid and they are called comparison
- You can go into the meaning of comparison, and then the difference between gratitude
- Then add why gratitude is better than comparing, since we get to appreciate the good in our lives, which will make us feel happier than comparing ourselves all the time.

- You can also do a Comparison chart of gratitude vs comparison (if you have time)



Use the bulb icon to point out the purpose of the part of lesson designed and what to focus on when talking to students.

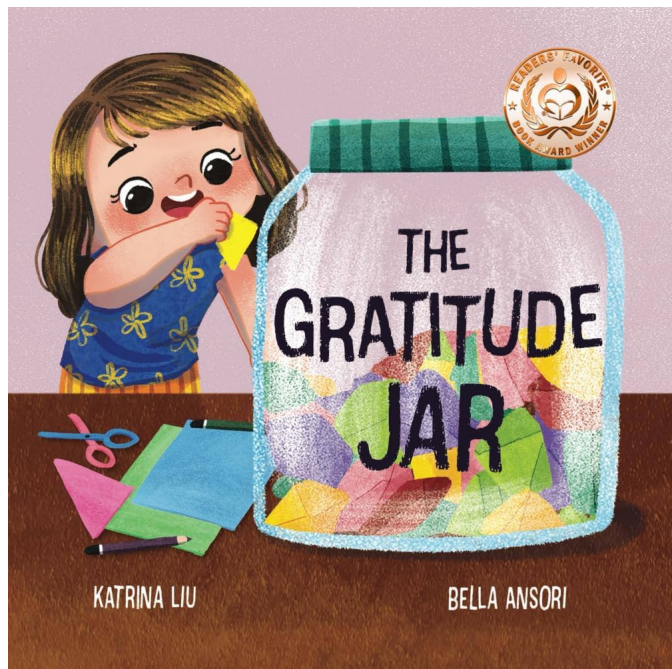
Storytelling

Your choice of story for the lesson

Story Overview:

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

The book is based on a girl that begins comparing her life to her friends. She wishes her home, food, and belongings were more like her friends. These comparisons make her feel dissatisfied and unhappy of what she has. Her mother introduces gratitude by doing a gratitude jar with her. The girl starts to notice all the things she is thankful for which shifts her mindset from comparison to appreciation for what she does have.



Materials

- The book "The Gratitude Jar" or the youtube video.

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

<https://www.youtube.com/watch?v=> <https://www.youtube.com/watch?v=aMNII0tSmUc>

Comprehension

- Design a series of questions to help student understand the story and lead them to connect with the topic concept.
 - Why is she comparing her let over food to her friend ordering pizza?
 - Why is she feeling unhappy?
 - Is comparing yourself helpful, or does it hurt our feelings?
 - What is a gratitude jar?
 - How did the gratitude jar help her?
 - What things do you think she should of not compared?

Hands-on Activity

Please explain the activity and step by step process.

Just like the girl in the story, sometimes we focus on what we don't have. Today, we are going to practice focusing on what we do have."

Procedure:

1. The educator will have a bowl with colored paper cards that students can pick out (5 pieces is fine or up to you)
2. Each color represents a different type of gratitude (educator guide). You may project it so they can see it or write it somewhere.
3. Students will write or draw on the card what they are thankful for, then glue it to their jar worksheet.
 - They can also draw or write directly onto the jar worksheet

1. You can encourage drawing or decorating the jar and adding more
Then you can invite students to share what they wrote with their peers, while reminding them to listen respectfully.

-You can also give them a sticker for sharing



Materials

- Gratitude jar worksheet(Jar outline)
- Small colored paper squares
- Glue sticks
- Pencils/crayons/markers
- Bowl or container for colored cards
- teacher color guide

Reflection

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

-How did it feel to think about things you are thankful for?
-Was it easy or hard to come up with ideas?
-Did anyone think of something new they hadn't noticed?

Reflection

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

Daily gratitude: Write something or say 1 day they are thankful for each day. They can even make their own real jar at home with any container they might have

Share: Share one thing you are thankful for with someone like mom, friends, or family

Saying thank you: Instead on the things we complain about, we should be grateful for, like coming to school and having parents that brings us to school. We should always say thank you for what we already have.

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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。



Tzu Chi Education Foundation



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