

# Thankfulness

**Grade: K-2**

**Unit: 1 of 1**

**Time: 45 Minutes**



## Lesson Focus

In this lesson, a story and learners' experience will be used to teach learners gratitude towards everyone and everything around them. This lesson will suit a collaborative-learning lesson that includes a song, storytelling or story watching, and a discussion.



## Objectives

After this lesson, learners will be able to:

1. Have an understanding of what gratitude is.
2. Be thankful for what they have.
3. Express appreciation for everything and everyone around them.
4. Explain why showing gratitude is important.
5. Show respect and kindness by thanking people who help them.



## 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: *The Gratitude Jar* by Author Katrina Liu
- Piece of paper.
- Pen/Pencil
- Crayons
- Empty Jar
- Song
- Designed prints (*Appendix A*)
- 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

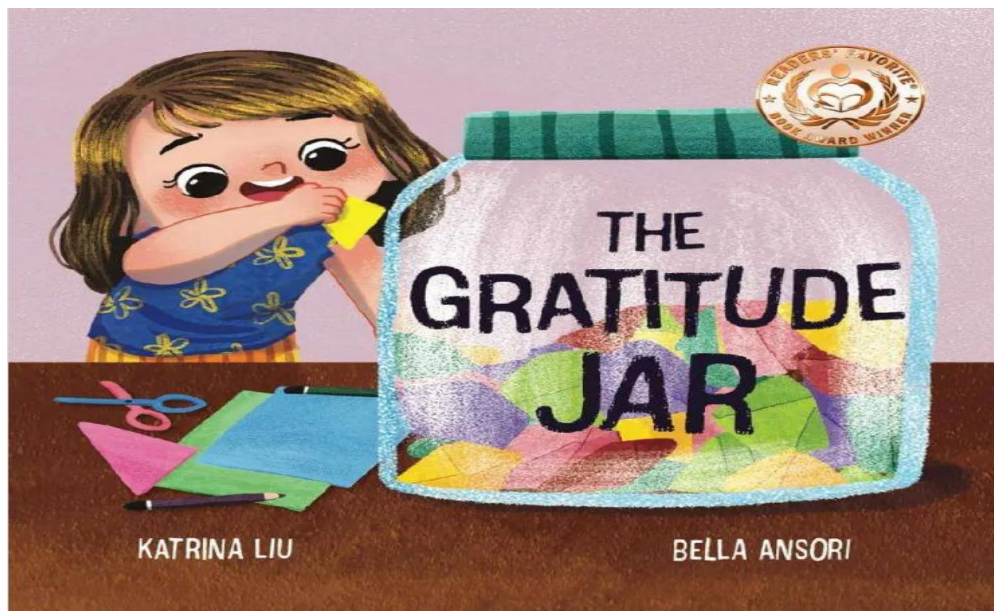
### Opening / Anticipatory Set

1. Ask learners if they had dinner/supper last night before bed. Take some answers and write them on the whiteboard.
2. Ask if learners had a bed to sleep in last night.
3. Ask learners if their parents woke them up for school and gave them lunch or pocket money.
4. Ask learners how they felt after they got all the different things then lead into telling the story. Read or play a read-along video of the book: **The Gratitude Jar**.

<https://www.youtube.com/watch?v=4J5p0LbX3gw>



The purpose is for learners to think about their own experiences and decide whether they should be thankful or not.



## Storytelling

Name of story: **The Gratitude Jar**

### Story Overview:

The story is about a little girl called Mina. This girl had a problem with not being thankful for what she had. She always compared what she had to what her friends had. She felt it was unfair, and she did not see or appreciate all the wonderful things she had. Her mother made them do a gratitude jar project to teach Mina how to be thankful for what she has. The project was a success, and Mina began to be thankful for all the little things she had.

### Materials

- Project Screen
- Laptop
- Internet or predownloaded 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=4J5p0LbX3gw>

## Comprehension

*Depending on the grade, these questions can be answered orally instead of being written down.*

1. Did Mina not get anything from her party goodie bag?
2. What did Mina do when she got her gift? Was it the correct thing to do?
3. How do you think Mina's mom and dad felt about the way she was acting?
4. What are we supposed to do when we are given things?
5. How did Mina show how she felt at the end of the story?
6. What are the different ways in which we can show gratitude to our parents?

## Hands-on Activity

1. Let us learn a song to sing to remind us to always be grateful. The song can be sung every morning for the entire week.

### Lyrics

*Lord, I thank you for sunshine, thank you for rain  
Thank you for joy, thank you for pain  
It's a beautiful day, it's a beautiful day*

*(Use the same three lines for 3 times)*

Source: <https://www.youtube.com/watch?v=j1ykEw42xCk>

2. Take out a box labelled gratitude and ask learners to use their pens/pencils and crayons to write what they are thankful for and deposit them into the box. Keep the box in the class, and have learners write a single note every Friday; read them at the end of the school term.



Source: <https://peandhealthbyashlea.wordpress.com/2013/05/24/make-someone-smile-today-gratitude-box/>

### Materials

- YouTube
- Speakers
- Box
- Writing Material

## Reflection

- Ask learners to discuss all the good things that their parents and friends have done for them.
- Ask learners if they were thankful for those things, and how they showed their gratitude.

## Action

- Give learners a task of telling their mom/dad/sister/brother something they have done for them, and they are thankful for.
- Have learners write down that one thing they are thankful for per day and what emotion they felt.
- Ask them to also write down how they expressed their gratitude.

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*It is important for the teacher to explain the Jing Si aphorism to learners. This is so that all of them understand what it means because some use words that learners do not know.*

Name: \_\_\_\_\_

**My Gratitude Table**

I am thankful for:	How did I show it?	Feeling after showing gratitude
I am thankful for the lunch you make for me every day.	I said thank you and gave a hug.	Happy 😊
1.		
2.		
3.		
4.		
5.		
6.		
7.		

**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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