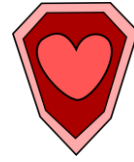




# Gratitude



## Guided lessons for Chapter 3 of *The Character Club* to empower Grace with gratitude!

### Day 1: Introduce the Concept of Gratitude

- Read Chapter 3 about gratitude (Grace).
- Discuss with students the challenges Grace faced with using gratitude.
- Close with asking: *What are some challenges that you or students in our school/community are facing with using gratitude?*

### Day 2: Define Gratitude

- Review the challenges Grace and all of us face with using gratitude.
- Teacher can ask: *What does gratitude look like?*
- Teacher can state: *Gratitude looks like being thankful for what you have in life.*
- Have students share examples of students who show gratitude.

### Day 3: Discuss Gratitude

- Review the meaning of gratitude and the challenges of using it all the time.
- Teacher can ask: *How do you feel when students are not showing gratitude in our class or school/community?*
- Teacher can ask: *Why is gratitude important?*
- Generate ideas for why it is important to have gratitude in school and at home.

### Day 4: Strategies for Success

- Use the *Gratitude Strategies for Success* document as a visual for students.
- Teacher can ask: *What are some other possible strategies and/or solutions to help have gratitude?*
- Teachers can state: *Students, I now challenge you to demonstrate gratitude in our school/community to become more thankful like Grace.*

### Day 5: Reflect/Expand

- Re-read Chapter 3 about gratitude (Grace).
- Generate more strategies to have gratitude like Grace.
- Discuss students' connections to Grace's challenges and successes.