Gratitude Bank

Creating a wealth of Gratitude.
A lesson on how to be grateful for the life you have.

This is an anytime activity.
Possible curriculum: English, Writing, Sociology, Health, General Education
Age: 6-18
Supplies Needed: Shoe Box or similar & Paper

Science suggests that practicing gratitude can increase happiness by 25%. This assignment contributes valuable life lessons. The lesson will be a constant aid to the students when they need gentle reminders of what they have to be grateful for. Encourage you students to keep this project and make deposit into their Gratitude bank often. Also, when things don't seem to be going their way, the gratitude bank will be there to remind them of the people and things around them that they have to be grateful for. The gratitude bank is a gift-of-gratitude that students give themselves.

THE LESSON:

Have the students fill out and illustrate (or add photos) the Gratitude Bank Journal attached. Do as many, or as few pages, as you require. This is the Gratitude Bank.

Addition A to the lesson:

After completing the Gratitude Bank journal the participants can copy the answers from the journal on separate sheets of paper. They can then decorate a box that will act as an actual bank where they can deposit the notes-of-gratitude. They should be encouraged to deposit often and take temporary withdrawals when they need a pick-me-up. They should be reminded that even modern scientific research shows that gratitude have numerous health and social benefits. For specific information refer to our research link: http://www.spreadinggratituderocks.com/#!science-research-and-links/c1eky

Addition B to lesson (ART CLASS):

Students can make piggy banks in art class with paper-mache. All you need are balloons that will act as the base for the paper-mache. 1. Blow up and tie balloons. 2. Cut old newspapers into strips. 3. Mix all purpose flour and water to create a paste the consistency of runny pancake batter. dip strips of paper in the flour mix (completely covering) and then apply wet strips all around the balloon. create at least 3-6 solid layers of wet paper around the balloon. Create the shape of a pig (or any other shape) with dry newsprint rolled up and then topped with wet paper-mache as described above. 4. Allow paper-mache to completely dry & harden for 3-5 days. The balloon can be popped after day 2. This will create the inside of the bank. 5. After the paper-mache drys cut a flap in the top of the bank so that you can insert the notes of gratitude and retrieve them at will. 6. The banks can be painted and decorated.

IDEAS FOR USE:

- Use as quick writes in class.
- Use as homework assignment writing prompts.
- Use in health class.
- Use in sociology class

Tip:

You may add additional writing prompts.
Make sure students understand they are to explain with detail why they are answering as they are.

The lesson is intended to make the students aware of all the gifts that they have to be grateful for.

Gratitude Bank

By

“Gratitude is not only the greatest of all virtues,
it is the parent of all others”

- Cicero

Who do I appreciate?

(Explain who you appreciate and why you do)

How am I fortunate?

(Explain at least one idea from your life. Tell why you feel fortunate for this)

What talents do I have that I am grateful for?

(Explain the talents and give reasons for your Gratefulness)

What experiences have I had that I am grateful for?

(Describe the experiences in detail and explain why you are grateful)

What have others done in my life that I am Grateful for?

(Explain and give details about the people in your life that have impacted you)

What are you grateful for about yourself?

(Give example and explain the reasons.)

What am I taking for granted, that if I stop to think about, I am grateful for?

(Explain and give details.)

What challenge or difficulty have I experienced that I can be thankful for?

(Why was the experience difficult?
Give reasons to support why you are thankful?)

Who in your life fills you with gratitude?

(Explain who it is and why you are grateful.)

What friendship am I most grateful for?

(Describe the friendship in detail. Why are you thankful for this friend?)

When do I feel most grateful?

(Give examples and details from your life.)

What happened today, yesterday, last week,or last month that I am grateful for?

(Give examples and reasons.)

What family traditions am I grateful for?

(Give details and explain why you are thankful for these traditions.)

What opportunities and freedoms am I grateful for in your life?

(Give details and explaination)

What are the things that bring me happiness?

(Explain how or why these things give you happiness.)

What in my life is different today than a year ago, that I am grateful for?

(Give details of the changes and why you are grateful.)

How do I show that I am grateful?

(Give examples from your life.)

What material possessions am I thankful for?

(Give reasons and explanations for you are thankful for each possession)