

Thankfulness

Family Tree

Objectives: To help children to be thankful for their family.

Ask the children to bring the names of their parents and grandparents to school.

Help each child to draw a family tree.

Encourage them to remember the names of their family members and send thoughts of Thankfulness.

What's Not Wrong

Objective: To help children develop a positive attitude and to find things in their life they can be thankful for.

We can practice to be thankful for rainy days as much as days when the sun is shining. Let's practice to see all the great things in our life even if they are small. Nothing is too small to recognize as something that is not wrong!

Take turns to name something that is "not wrong", such as:

- "None of my teeth hurt"
- "My heart feels light today"
- "I had a good lunch"
- "My brother gave me a hug"
- "I got to let someone go first to have water"

Conclude by saying: "There are so many wonderful things in our lives!"

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Attitude Adjustments

Objective: To learn to imagine positive outcomes from negative experiences. i.e., help children see the bright side of life.

Practice putting a positive spin on any situation. Give the child practice in seeing the bright side of life. Take turns imagining positive outcomes to negative experiences. Use the examples below or feel free to make up other scenes:

1. *Your friends get invited to a party but you don't.*

You end up doing something else you like to do a whole lot better, perhaps with someone in your family whom you love and who really loves you.

You realize that you have been especially negative to your friends and hurting their feelings. Maybe this experience helps to change your behavior and learn to be more.

2. *It rains the day you planned to go to the zoo.*

You go anyway with a fun friend and a big umbrella. The zoo is not crowded and you see other animals who enjoy the rain.

You end up staying home and playing a great game of Monopoly.

You put on big rain boots, splash in every puddle you find, and look closely at the earthworms.

Other scenarios:

3. *You have to face the child who always pushes ahead of you into the line.*

4. *Your supposedly "best friend" chooses a new "best friend".*

5. *You were in a music recital and made a mistake.*

Conclude by saying: "We can always find something good in what happens and something to learn."

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I'm Lucky

(from Hidden Gems, Level 3, p.75, for Courtesy lesson)

Objective: To practice being aware of what we have and to be thankful for it. Prepare and bring special items such as:

- a nice picture
- a colored pencil
- a book
- a comb
- a key
- a bell
- etc.

Have one item for each child.

Have the children sit in a circle, and give each one an item that you have brought.

Each child has to tell the rest of the children why he thinks he is lucky to have the item that you have given him. Encourage the children to think creatively on what they can do with the object. Conclude by saying we cannot always choose what we get. But, we can choose to be thankful for it.