



THANKFULNESS LESSON PLAN

lesson 1 – What is Thankfulness?

Lesson outline – An introduction to Thankfulness, A thought-provoking video, the dictionary meaning of thankfulness and practical question time.

LESSON TIME – 10-15 MINS

LESSON OUTLINE

LESSON STARTER

1. Question: *What are you thankful for today?*
(to see progress over the week)

2. Watch session 1 intro video –
[CLICK HERE TO OPEN](#)
two videos in one

ACTIVITIES

3. Questions- below

WRAP-UP

4. Challenge - between now and tomorrow: Start thinking of all that there is to be thankful for

QUESTIONS

Question: *Which one of the two guys do you think is going to have a better day?*
That's right, the happy guy. He was thinking about all that he had to be thankful for.

Question: *What do you think he had to be thankful for?*

Practical - *hands up, I want each of you to think of one thing each that you can be thankful for. If someone else says your thing, you can say it again or think of something else.*

OBJECTIVES

To raise awareness of what thankfulness is

KEY THOUGHTS

Thankfulness is like a powerful super power that can be used to help you see good in every day.

Thankfulness is looking for the good things that are happening in your day and not the bad things.

When you look at the good instead of the bad you feel much more happier/encouraged and positive.

Thankfulness in the dictionary (Cambridge) is defined as: 'the feeling of being happy or grateful because of something



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ALTERNATIVE LONG-FORM LESSON NOTES

Lesson 1- What is Thankfulness? Lesson outline –

Pre-question: *What are you thankful for today?* (to see progress over the week)

Available lesson image background: Image for use on a Computer screen: you could download and use one of the landscape thankfulness posters on <https://www.begreat.co.nz/work-place-posters>

PLAY SESSION 1 video

Question: *Which one of the two guys do you think is going to have a better day?*

That's right, the happy guy. He was thinking about all that he had to be thankful for.

Question: *What do you think he had to be thankful for?*

Practical – *hands up, I want each of you to think of one thing each that you can be thankful for. If someone else says your thing, you can say it again or think of something else.*

Challenge – *between now and tomorrow think of all that there is to be thankful for*