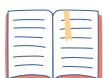


# Adapt & Appreciate Levels F-3

GRATITUDE

To help students develop gratitude for unexpected joys by reflecting on a recent change or surprise that they adapted to and enjoyed. Pluto, always orbiting on its own path, teaches us that being different or facing something new can lead to unexpected happiness.



## Learning Intentions

**Students will learn** to think of something new or surprising that made them happy. This promotes gratitude and adaptability.

**Students will practise** sharing how they felt during a change or surprise. This builds emotional awareness and expression.

**Students will learn** to reflect on their experience and explain why they enjoyed it. This supports reflection, creativity, and communication.



## Success Criteria

I can name something that changed and turned out to be fun or interesting. This shows awareness of positive unexpected moments.



I can talk about my feelings and what I learned. This builds language for emotional understanding.

I can show appreciation for surprises through drawing or discussion. This reinforces flexible thinking and gratitude.



# Adapt & Appreciate Levels F-3

GRATITUDE

## Objective:

To help students develop gratitude for unexpected joys by reflecting on a recent change or surprise that they adapted to and enjoyed. Pluto, always orbiting on its own path, teaches us that being different or facing something new can lead to unexpected happiness.

## Players:

Best as an individual reflection with optional group sharing

## Materials:

- A5 or A4 paper
- Coloured pencils
- Optional: stickers or stamps for celebration

## Time Required:

10–15 minutes

## Setup:

Begin by reading the Pluto page from *The Playful Astronauts* and reflecting on the previous activity, *Obstacle Switcheroo*.

## Discuss:

- “What’s something that surprised you this week?”
- “Did something change that made you feel unsure, but turned out to be fun?”
- “What does it mean to ‘adapt’ to change and still smile?”

## Gameplay:

### Step 1 – Think and Share:

Invite students to quietly think of a recent moment at school, at home, or in a game when something unexpected happened but ended up being fun, special, or exciting.

#### Example prompts:

- “Did a friend surprise you with kindness?”
- “Did your family do something different for dinner?”
- “Did you play a new game or visit somewhere new?”



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## Step 2 – Draw It Out:

Students draw their surprise moment and colour it in. They can add happy faces, stars, or any symbols that show their appreciation.

Encourage them to label or title their drawing with a phrase like:

- “The Day We Ate Breakfast for Dinner”
- “When My Friend Let Me Join Their Game”
- “We Played Outside in the Rain!”

## Step 3 – Show and Appreciate:

Invite students to share their drawing with a partner or small group and explain why the moment was meaningful.

Celebrate the idea that adapting to new things can lead to wonderful memories.

## Winning the Game:

Everyone who finds something to appreciate in change is a winner. Pluto reminds us that the most unexpected journeys can bring the brightest discoveries.

### Variations:

#### Gratitude Gallery:

Display all drawings together on a class board titled “When Change Made Us Smile.” Encourage students to look at others’ drawings and share compliments or questions about how they adapted.

#### Story Swap:

Pair students and have them swap stories about their drawings.

After listening, each student can share what they appreciated about their partner’s story, practising active listening and empathy.

#### Class Journal:

Collect all drawings and reflections into a class “Adapt & Appreciate Book,” which can be revisited whenever the class experiences a change or challenge.

#### Verbal Version:

For younger or non-writing students, turn it into a circle discussion.

Pass a soft planet ball around and have each student say:

“A change I liked was...” or “Something new that made me happy was...”



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## Surprise Box Extension:

At the end of the week, place fun surprises (new songs, games, or classroom activities) in a “Pluto Box.”

Each time students open it, they practise being open to the joy of change.

## For Wheelchair Users / Accessibility:

- Provide options to create digital or tactile drawings using textured paper, stickers, or craft materials.
- Allow students to describe their surprise moment verbally or use voice-to-text tools if writing is challenging.
- If drawing is difficult, a teacher or peer can assist by sketching the student’s ideas while they narrate.
- Ensure sharing spaces are accessible and inclusive, with everyone able to display or describe their artwork.
- Focus on the reflection and storytelling element rather than fine motor tasks.

## Notes for Inclusion:

- Reinforce that everyone adapts differently, celebrate each student’s unique way of managing change.
- Use language that supports emotional safety:
- “It’s okay if surprises feel tricky first. What matters is that we find something good in them.”
- Pair quieter or anxious students with encouraging peers during sharing.
- Model your own “happy surprise” story to normalise flexibility and gratitude.
- Encourage gentle laughter, positivity, and affirmation.
- End with a class affirmation inspired by Pluto:
- “Change can feel different, but every new path can lead to something wonderful.”

## Additional Notes:

Adapt & Appreciate is a gentle way to bring gratitude and adaptability together. It helps students build positive associations with change, and encourages a lifelong habit of spotting the good in the unexpected, just like a tiny planet that became a beloved space mystery.

