

Gratitude Lock Up - Levels C & D

GRATITUDE

To help students practise gratitude by writing down positive moments from their week and collecting them in a safe "lock up." Over time, this creates a collection of happy memories that can be shared and celebrated at the end of the term or year.



Learning Intentions

Practise gratitude:

Students learn to think about something good that happened to them during the week.

Build a habit:

Students aim to write or draw a note of gratitude each week.

Share and connect:

Students aim to share my gratitude note with my class to help create a positive group environment.



Success Criteria

I can write or draw one thing I am thankful for.

I can place my note in the Gratitude Lock Up each week.

I can share my gratitude with my class or family when it is time to open the jar.



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Duration: 10–15 minutes (weekly)

Objective

To help students practise gratitude by writing down positive moments from their week and collecting them in a safe “lock up.” Over time, this creates a collection of happy memories that can be shared and celebrated at the end of the term or year.

Players

- Works for **individuals, small groups, or whole classes.**

Materials

- Jar, box, or bucket (the “Gratitude Lock Up”)
- Cut-up slips of paper
- Pencils or coloured pencils.
- Optional: envelopes or zip-lock bags for individual student collections

Setup

- Provide each student with paper and pencils.
- Explain that each week, students will add one note of gratitude to the Lock Up.
- Decide as a group whether the class will use one big jar or if students will keep their own smaller envelopes.

Gameplay / Activity Steps

1. Write or Draw Gratitude

- Students write or draw one positive thing from the week (e.g., “I had fun at the park,” “My friend shared with me,” “I liked drawing in art”).

2. Add to the Lock Up

- Each student folds their paper and puts it into the Gratitude Jar, bucket, or personal envelope.
- If using a shared jar, remind students to add their names.

3. Repeat Weekly

- Set aside the same time each week (e.g., Friday afternoon) for students to complete their note.
- Make this a regular class routine so it becomes a habit.

4. End-of-Term Reflection

- At the end of the term or year, open the Gratitude Lock Up.
- Students take turns reading random notes aloud, guessing who wrote them, or raising their hands if it's theirs.
- Celebrate by reflecting on all the positive moments from the year.



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Reflection Prompts

- “What was your favourite memory you wrote down?”
- “How did it feel to share your gratitude?”
- “Why do you think it’s important to remember happy things?”

Winning the Game

There are no winners or losers. The reward is the collection of gratitude notes at the end of the year, showing 30+ weeks of positive memories that can be celebrated together and even sent home in student folios.

Variations

- **Modified Edition:** Students can draw their gratitude instead of writing. Teachers can scribe for students who need support.
- **Classroom Edition:** Build a large class Gratitude Lock Up and display the notes on a Gratitude Wall at the end of the year.
- **Family Edition:** Families can complete notes together at home and read them aloud at the end of the year.

For Wheelchair Users / Accessibility

- Provide large-print slips, picture prompts, or assistive technology for writing/drawing.
- Allow notes to be dictated to a peer or teacher if needed.
- Place the Lock Up jar at an accessible height so all students can contribute independently.

Notes for Inclusion

- Accept both pictures and words as gratitude notes.
- Encourage every contribution, big or small, every moment matters.
- Celebrate the variety of responses to show that gratitude looks different for everyone.
- Ensure sharing is voluntary so all students feel safe and comfortable.

