

Gratitude Lock Up - Levels F-3

GRATITUDE

To build a habit of gratitude by having students write or draw weekly notes about something positive in their lives. Over the term or year, these notes are collected in a "Gratitude Lock Up" to be shared and celebrated together.



Learning Intentions

Identify gratitude:

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

Express gratitude:

Students aim to write or draw their ideas and place them in the Lock Up.

Celebrate gratitude:

Students aim to share and reflect on gratitude with others to build a positive classroom community.



Success Criteria

I can write or draw one thing I am grateful for each week.

I can add my gratitude note to the Lock Up.

I can reflect on and celebrate the positive moments we collect together.



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Duration: 10–15 minutes (weekly)

Objective

To build a habit of gratitude by having students write or draw weekly notes about something positive in their lives. Over the term or year, these notes are collected in a “Gratitude Lock Up” to be shared and celebrated together.

Players

- Best suited for **classrooms, small groups, or families.**

Materials

- Gratitude jar, box, or bucket (the “Lock Up”)
- Slips of paper or sticky notes
- Pencils or coloured pencils.
- Optional: envelopes or personal folders for individual student collections

Setup

- Give each student a slip of paper and writing materials.
- Explain that each week students will write or draw something they are grateful for.
- Decide as a class whether to use one shared jar or individual envelopes.

Gameplay / Activity Steps

1. Weekly Gratitude Note

- Students write or draw one thing they are grateful for that week (e.g., “My family took me to the park,” “I enjoyed science class,” “I am thankful for my friend helping me”).

2. Add to the Lock Up

- Students fold their paper and add it to the Gratitude Jar or their own personal envelope/folder.

3. Repeat Weekly

- The activity should occur at a regular time each week, such as the last lesson on Friday.

4. End-of-Year Gratitude Celebration

- Open the Gratitude Lock Up at the end of the year.
- Students take turns reading or sharing random notes, or display them on a Gratitude Wall.
- Celebrate together the many positive moments collected across the year.



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Reflection Prompts

- "What was your favourite gratitude note you wrote this term?"
- "How did it feel to share something positive?"
- "Why is it good to focus on gratitude?"

Winning the Game

There are no winners. The reward is the shared collection of gratitude notes and the positive memories they represent. The celebration of these notes helps students see how many good things happen across the year.

Variations

- **Modified Edition:** Students use drawings, stickers, or symbols if writing is difficult.
- **Classroom Edition:** Collect all notes into one communal jar and create a Gratitude Wall at the end of the year.
- **Family Edition:** Families add weekly gratitude notes to a jar at home and open them at the end of the year together.

For Wheelchair Users / Accessibility

- Ensure the jar or Lock Up is at a height accessible for all students.
- Provide large-print slips, picture prompts, or allow the use of digital tools to record notes.
- A peer or adult can scribe for students who need support.

Notes for Inclusion

- Celebrate all types of gratitude notes (words, drawings, symbols).
- Provide sentence starters for support (e.g., "I am grateful for...").
- Make sharing optional to ensure students feel comfortable.
- Encourage respectful listening and celebration of all contributions.

