

Gratitude Lock Up (Levels A-B)

GRATITUDE

To help students build a simple and joyful gratitude habit by collecting weekly "happy moment" notes in a special Gratitude Lock Up that can be opened and celebrated later in the term or year.



Learning Intentions

Notice Happy Moments:

- • • • • Notice Something Good: Students will explore recognising one happy or positive moment from their week.

Express Gratitude in Accessible Ways:

Practise a Simple Gratitude Habit: Students will add a picture, symbol, or drawing to the Gratitude Lock Up each week.

Connect With Others:

Share and Connect: Students will share their happy moment with an adult or group using gesture, picture, sound, or AAC.



Success Criteria

Students choose or show one happy moment through drawing, colouring, pointing, or AAC.



Students place their note into the Gratitude Lock Up (jar, box, envelope) with support.

Students show engagement when sharing, smiling, looking toward their picture, vocalising, or pressing AAC.



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Duration: 10 - 15 minutes (weekly routine)

Objective

To help students build a simple and joyful gratitude habit by collecting weekly "happy moment" notes in a special Gratitude Lock Up that can be opened and celebrated later in the term or year.

What You Need

A Gratitude Lock Up: jar, box, or tub

Small slips of paper OR preprinted happy moment cards (found in PDF resource)

Coloured pencils

Picture prompts (family, friends, play, food, outdoor time, pets, toys, art, music)

AAC devices with vocabulary such as: "happy," "play," "family," "friend," "yes/no," "more," "finished," "good day"

Optional: small envelopes or zip-lock bags for individual collections

Setup

1. Print and cut out the Happy Moment picture cards (print off a couple of sets for multiple selections)
2. Sit students in a circle with clear visuals of "happy moment" cards.
3. Teacher models:
"This is something that made ME happy this week!" (holds up a simple picture or drawing).
4. Explain that students will put ONE happy thing into the Gratitude Lock Up every week.
5. Place the jar/box where all students can reach or access with support.

Weekly Gameplay / Activity Steps

Step 1: Choose a Happy Moment

Students choose one card from the happy moment cards they wish to add into the lock up first:

Students may choose through:

- pointing to the card
- touching or picking up the card
- eye gaze towards the card
- reaching for the card
- pressing AAC ("family," "play," "toy," "happy")
- vocalising when shown options

Teacher labels the choice clearly:

"You chose PLAY!"

"That made you HAPPY!"



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Step 2: Draw or Stick Your Gratitude

Depending on ability, students can decorate their cards further using materials provided:

- draw a simple picture
- colour a symbol or use a stamp/sticker
- stick a preprinted picture onto the slip
- trace around a favourite object
- press AAC again to indicate choice while an adult scribes
- use hand-over-hand support to make marks

Any mark-making counts as a great addition to their gratitude note.

Step 3: Add to the Gratitude Lock Up

Students fold or hand over their happy moment card to the teacher or they place it into the lock up jar themselves. .

Celebration example:

"Into the Gratitude Lock Up it goes! Well done!"

Step 4: Repeat Weekly

Complete this routine at the same time each week (e.g., Friday or Monday mornings). Predictable routines support emotional safety and habit-building.

Step 5: End-of-Term/End-of-Year Reflection

Open the Gratitude Lock Up together.

Pull out happy moment cards one at a time and show them to the class to celebrate all the happy moments students reflected on during the year. Celebrate the collection of happy memories.

Reflection Prompts

Use visuals and simple questions:

- "Point to how this made you feel: happy? excited? calm?"
- "Do you remember this happy moment?"
- "Which picture do you like best?"
- "Do you want to make another happy note?" (yes/no)

All responses are valid.



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Sensory-Seeking Learners Variation

1. Sensory Gratitude Notes

Use:

- textured paper
- foam stickers
- scented markers
- glitter glue
- textured stickers (soft, bumpy, shiny)

Students create sensory-rich gratitude notes.

2. Movement Gratitude

Before adding a note, students do a simple sensory action:

- big stretch
- stomp
- clap
- jump (or seated bounce)
- spin arms

This helps regulate and increase engagement.

3. Multi-Sensory Happy Moment Cards

Cards include:

- crinkly material for “play”
- soft fur for “pet”
- shiny card for “special moment”

Students choose gratitude by touch.

4. Gratitude Treasure Box

Place sensory objects inside for students to hold and match to their happy moment (e.g., small ball, soft toy, feather).

AAC-Specific Supports

1. Prepare Vocabulary

Include simple gratitude words:

- happy
- good
- play
- family
- friend
- more
- finished
- me



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2. Aided Language Input

Teacher models on AAC:

"Happy moment."

"I like this."

"Put in jar."

"Good job."

3. Choice-Making

Teacher gives two choices:

"Family or friend?"

"Play or music?"

Students respond using AAC, pointing, or eye gaze.

4. AAC Notes

Students may press symbols while adults write the words on their slip:

- "happy"
- "family"
- "good day"

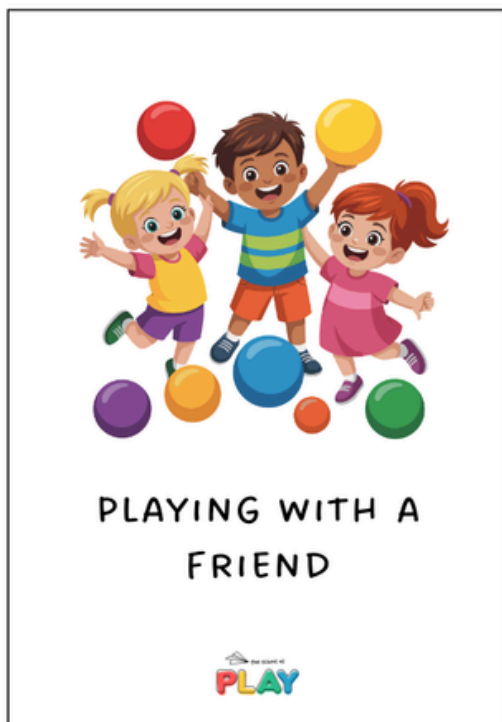
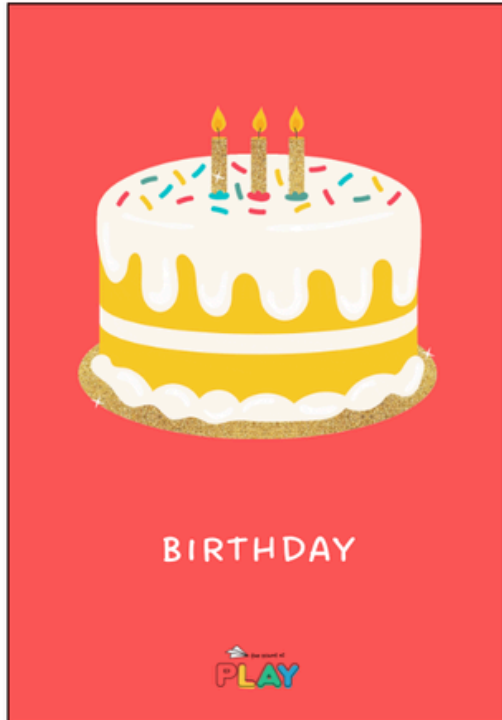
5. AAC Reflection

Students respond using:

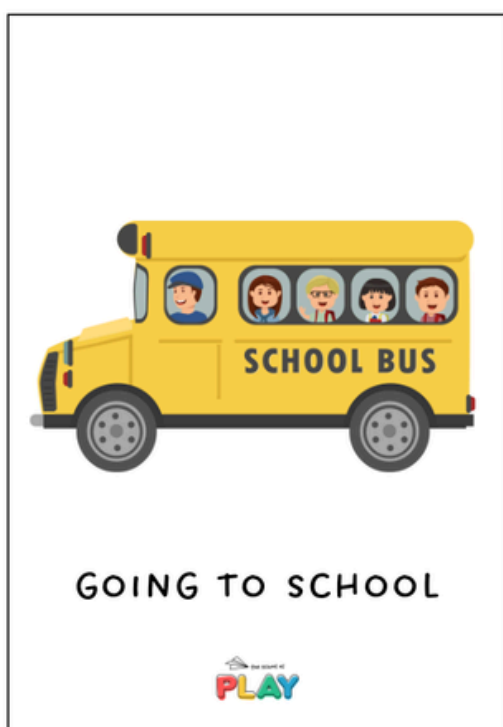
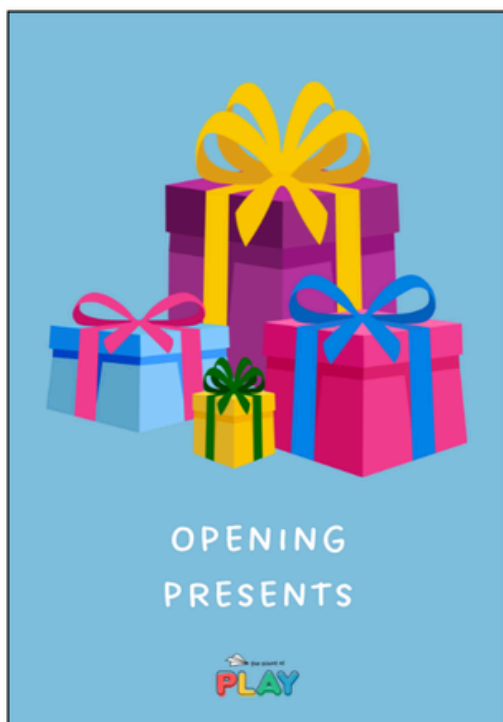
- "happy"
- "more"
- "finished"
- "good"

HAPPY MOMENT CARDS

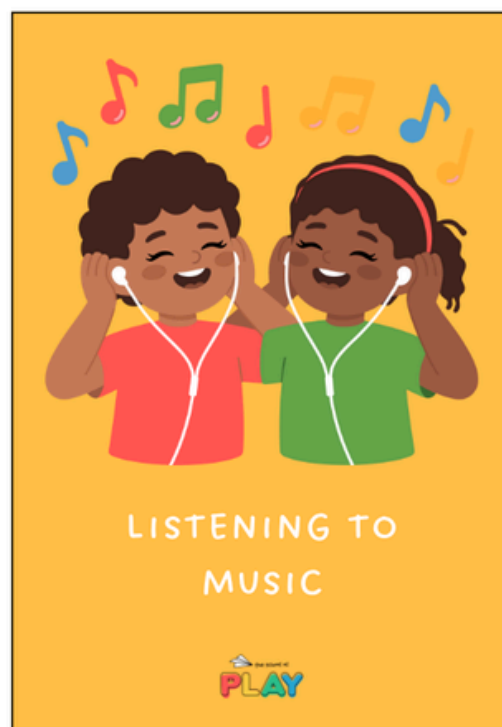
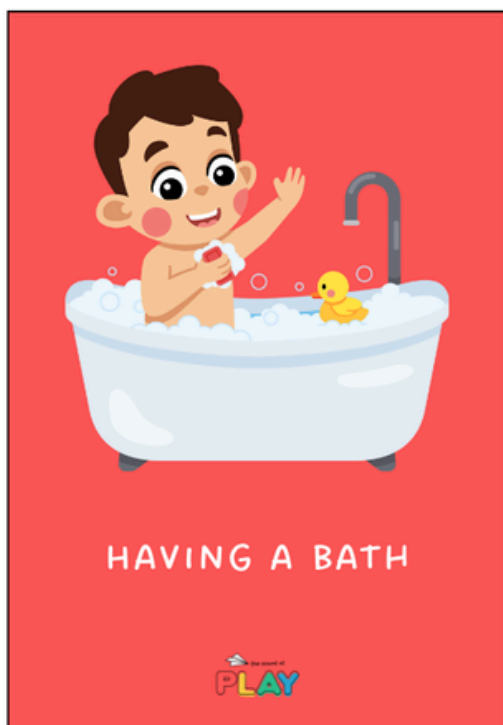
PRINT AND CUT OUT THE CARDS. EACH STUDENT PICKS ONE, THEN COLOURS OR ADDS A SIMPLE MARK OR STICKER TO MAKE IT THEIRS. STUDENTS PLACE THEIR FINISHED CARD INTO THE GRATITUDE LOCK UP (A JAR, BOX, OR ENVELOPE). REPEAT WEEKLY.



HAPPY MOMENT CARDS



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HAPPY MOMENT CARDS



READING BOOKS



PLAYING WITH A
TOY



PLAYING SPORT



PLAYING GAMES



HAPPY MOMENT CARDS

