

# 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.

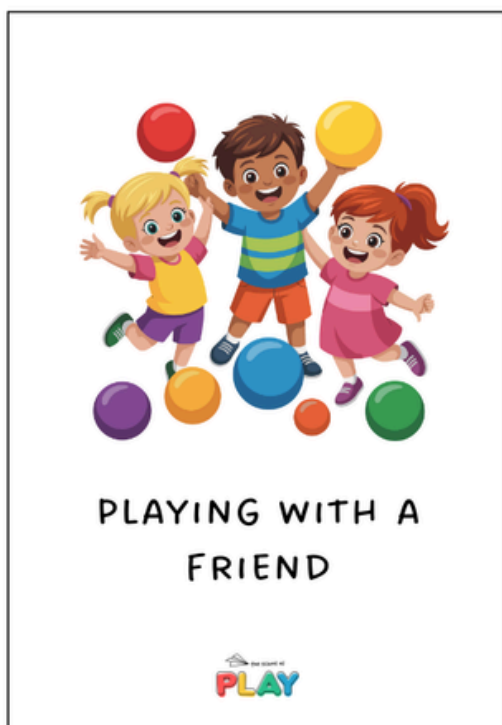
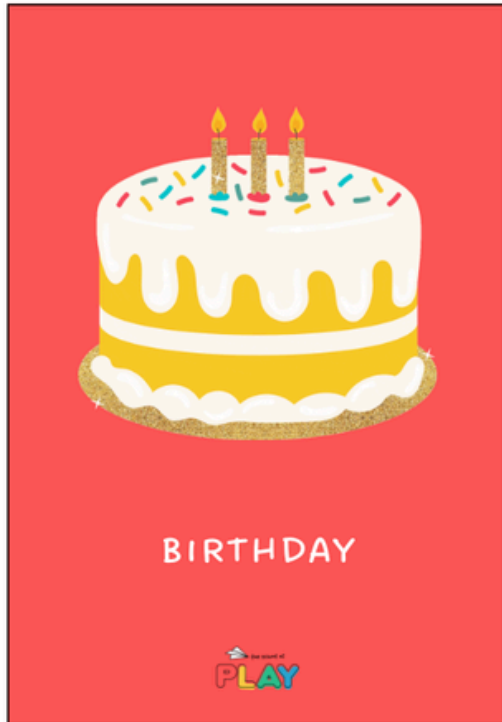
## Notes for Inclusion

- 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.

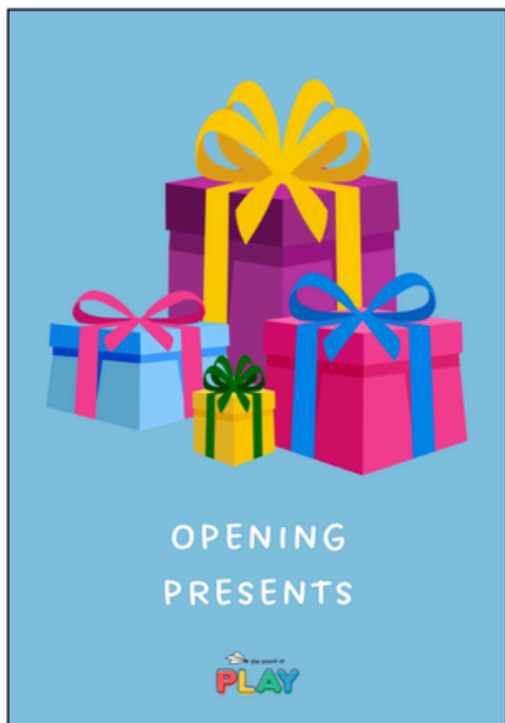


# HAPPY MOMENT CARDS

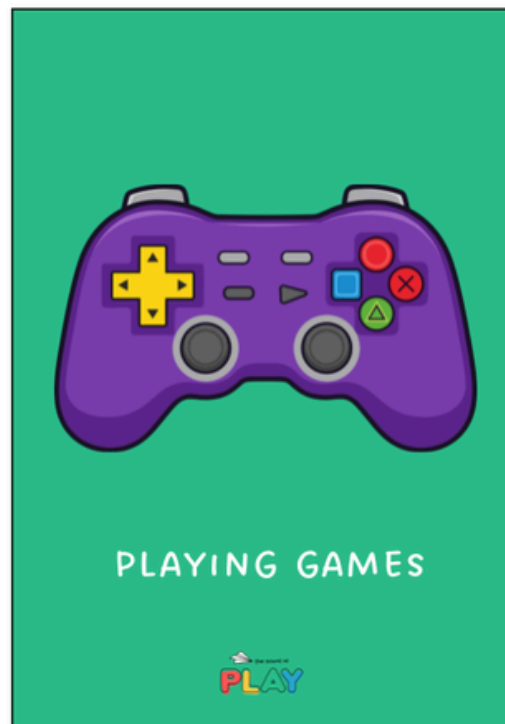
PRINT AND CUT OUT THE CARDS. EACH STUDENT PICKS ONE, THEN COLOURS OR ADDS A SIMPLE MARK OR STICKER TO MAKE IT THEIRS. STUDENTS PLACE THEIR FINISHED CARD INTO THE GRATITUDE LOCK UP (A JAR, BOX, OR ENVELOPE). REPEAT WEEKLY.



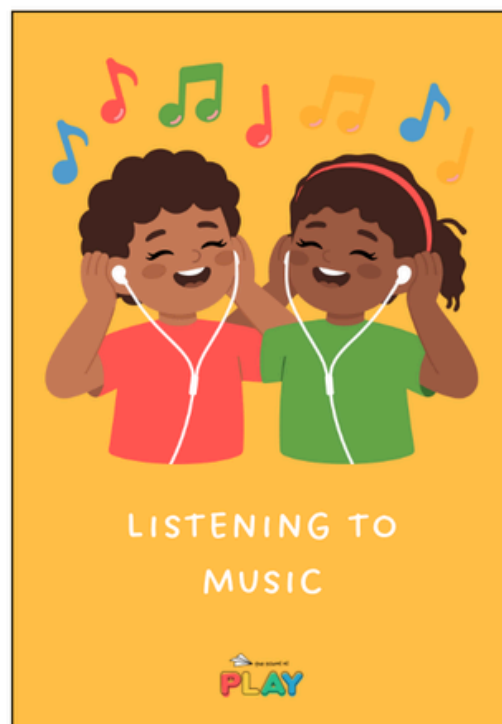
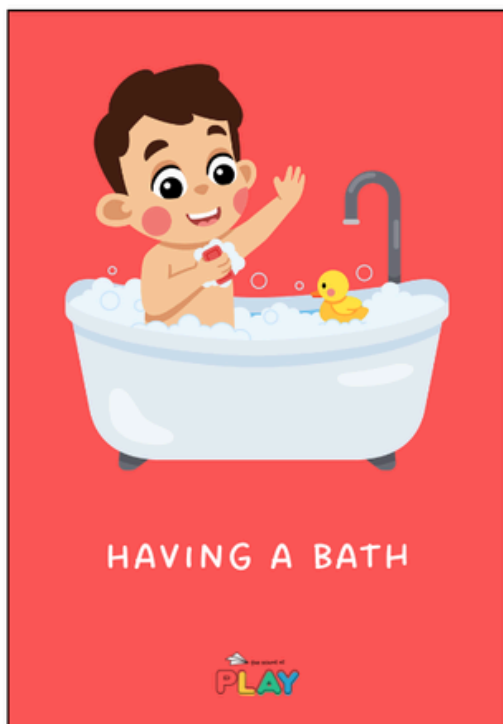
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