

# Gratitude Rainbow – Levels F-3

# WRITTEN

To help students explore gratitude in a simple, visual, and creative way by connecting things they are grateful for with the colours of the rainbow.



## Learning Intentions



**To notice and share things I am thankful for.**

Students will practise recognising simple things that make them feel happy or safe.

**To use colours, drawings, and words to show gratitude.**

Students will express gratitude in a way that suits their ability – drawing, colouring, or writing key words.

**To understand how being thankful makes me feel.**

Students will reflect on the positive emotions that gratitude creates.



## Success Criteria

I can choose one thing for each colour of my rainbow.



I can show my gratitude through drawing, colouring, or writing.

I can share how being thankful makes me feel.



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**Duration:** 20 minutes

## Objective

To help students explore gratitude in a simple, visual, and creative way by connecting things they are grateful for with the colours of the rainbow.

## What You Need

- Paper
- Pencils or Coloured pencils.

## Setup

- Give each student a sheet of paper and colouring materials.
- Explain that they will make a “Gratitude Rainbow,” and each colour will stand for something that makes them feel happy or thankful.

## Gameplay

### 1. Draw Your Rainbow:

- Students draw a rainbow with six colours (or fewer if needed).
- The teacher can guide students by naming each colour one at a time.

### 2. Add Gratitude to Each Colour:

- For each colour, students think of one thing that makes them happy or thankful.
- They can draw a picture, write a word, or colour a symbol to represent it.
- Example prompts:
  - Red = Someone in your family you are thankful for
  - Orange = A friend who makes you smile
  - Yellow = Something you love to do
  - Green = Something in nature you like
  - Blue = Something at school that helps you
  - Purple = A special memory or place

### 3. Share and Reflect:

- Students share their rainbow with a partner or small group.
- Encourage them to say how it feels to think about these things.

## Reflection Prompts

- What is one thing on your rainbow that makes you feel happy?
- How did it feel to draw your Gratitude Rainbow?
- Can you think of one more thing you are thankful for?



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## Winning the Game

- Everyone wins by creating and sharing their Gratitude Rainbow.
- The focus is on celebrating thankfulness, not competition.

## Variations

- **Group Display:** Put all rainbows together on a classroom wall to make a “Rainbow of Gratitude.”
- **Quick Version:** Choose only three colours instead of all 6.
- **Family Version:** Families draw their rainbows at home and share them together.
- **Guided Version:** Teacher reads out prompts for each colour and students respond step by step.

## Additional Notes

- The Gratitude Rainbow for Levels 1 to 3 makes gratitude simple, visual, and fun. By focusing on colours, pictures, and short words, students at different levels can all succeed. Sharing rainbows builds confidence and helps create a positive classroom community full of kindness and appreciation.

