

Gratitude Rainbow – Levels C & D

WRITTEN

To encourage students to notice and express gratitude for different aspects of their lives, while developing creativity, positive emotions, and appreciation for the world around them.



Learning Intentions

To recognise and appreciate the different aspects of my life.

Students will reflect on what they are grateful for in areas such as family, friends, and activities.

To express gratitude creatively through drawing and writing.

Students will use creativity to visually and verbally express what they are thankful for.

To reflect on how gratitude makes me feel.

Students will understand the emotional benefits of gratitude and develop a positive mindset.



Success Criteria

I can identify one thing I am grateful for in each colour of the rainbow.

I can express my gratitude through drawing or writing.

I can reflect on how gratitude makes me feel and add another thing I am thankful for.



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Duration: 20 minutes

Objective

To encourage students to notice and express gratitude for different aspects of their lives, while developing creativity, positive emotions, and appreciation for the world around them.

What You Need

- Paper
- Pencils or Coloured Pencils
- (Optional) A bright, colourful display space for finished rainbows

Setup

- Provide each student with a sheet of paper and colouring materials.
- Explain that each part of the rainbow will represent something they are grateful for.

Gameplay

1. Draw Your Rainbow:

- Students draw a rainbow with six colours (or more).
- Each colour will stand for a different gratitude category.

2. Write or Draw Gratitude for Each Colour:

- In each section of the rainbow, students write or draw something they are thankful for.
- Examples:
 - Red = Family
 - Orange = Friends
 - Yellow = Favourite activities
 - Green = Nature
 - Blue = School/learning
 - Purple = A happy memory

3. Reflect on Gratitude:

- After finishing, students pause and think about how gratitude makes them feel.
- Add one extra thing they are thankful for in any colour space.

Reflection Prompts

- How does focusing on gratitude make you feel?
- Can you think of one more thing you are thankful for today?
- Why is it important to think about the things we are grateful for?



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Winning the Game

- There is no winner. The goal is to celebrate and share gratitude.
- Students should feel happy, valued, and positive after completing their rainbow.

Variations

- **Family Edition:** Families create their own rainbows and share together.
- **Classroom Edition:** Create a “Gratitude Wall” where students display their rainbows as part of a collective class artwork.
- **Quick Version:** Students share just one colour (one thing they are grateful for) instead of the full rainbow.
- **Outdoor Edition:** Students draw their rainbows outside using chalk on the basketball court or other paved area, connecting gratitude with nature.

Additional Notes

The Gratitude Rainbow encourages students to reflect on many different parts of their lives. By linking each colour to a unique source of gratitude, students build appreciation, positive emotions, and creativity. This activity can also strengthen peer connections when students share their rainbows, creating a bright and meaningful display of collective gratitude.

